Reunited with her missing kids

Years after being taken away, and days after being found in Mexico, children immediately recognize mom PAGE 3

SNOW WHITE AND THE NOVICE DIRECTOR

UNIVERSAL SHOWS FAITH IN RUPERT SANDERS, LETTING HIM DEBUT WITH $175M MOVIE PAGE 10

OTTAWA metro®

Tuesday, May 29, 2012

News worth sharing.

metronews.ca | twitter.com/metroottawa | facebook.com/metroottawa

Solar car refused chance to shine on Parliament Hill

Marcelo da Luz pulled a solar car he helped build in 1999 from Toronto to Ottawa to raise awareness about Ontario's ban on solar vehicles and to challenge people to get into the habit of being eco-friendly. GRAHAM LANKTREE/METRO

Denied. Hill officials said refusal due to third-party publicity, solar-car owner says

GRAHAM LANKTREE
graham.lanktree@metronews.ca

A man who pulled a solar car from Toronto to Ottawa all month long reached Parliament Hill to share the message behind his journey Monday, only to be denied access.

Marcelo da Luz pulled the solar car roughly 450 kilometres to highlight Ontario's solar-car ban and to challenge people to change one of their habits for 28 days and be more environmentally friendly.

"I'm not trying to tell people what to do," said da Luz. "I'm just asking them to think about their habits and how they affect the environment. Pick one and try to make a change."

Turning off lights and tap water when they're not being used is an easy change for people to begin thinking about, he said. Not using throwaway coffee cups is another, he said.

Despite putting in a request for a permit to enter Parliament Hill with the car weeks ago, da Luz's media team said they were told he was denied access because the event was announced through third-party media beforehand.

But that didn't stop him from setting up his solar car on Wellington Street to talk to passers by about his journey. Among the onlookers was Green party Leader Elizabeth May.

"Prime Minister Harper keeps hauling tanks to the front door to fire 21-gun salutes for visiting dignitaries," she said. "It would have been great to increase awareness of the technological breakthrough of having an electric car run on its own solar panels at the front doors of Centre Block. Instead, we had to crowd the sidewalk."

A disappointed but unfazed de Luz said, "I set out with the goal of doing 28 presentations during this journey, but I've done more than 40 and spoken to thousands of school children about how they can help change the environment. So I'm happy."

Hill officials were contacted, but didn't provide comment by publication time.

ALL FOR NOTHING?
PAUL RUSHFORTH
PENNY SOUTHAM
UPDATE YOUR HOUSE
· SAVE THOUSANDS OF DOLLARS
· GET FREE DESIGN ADVICE
· SIGNIFICANTLY INCREASE THE VALUE OF YOUR HOME
· WIN A COMMISSION-FREE LISTING!
FOR MORE INFORMATION PLEASE CONTACT: allfornothingtv.ca sonja@mountainroad.ca 613-237-4447
/allfornothingtv

1

NEWS

On the web

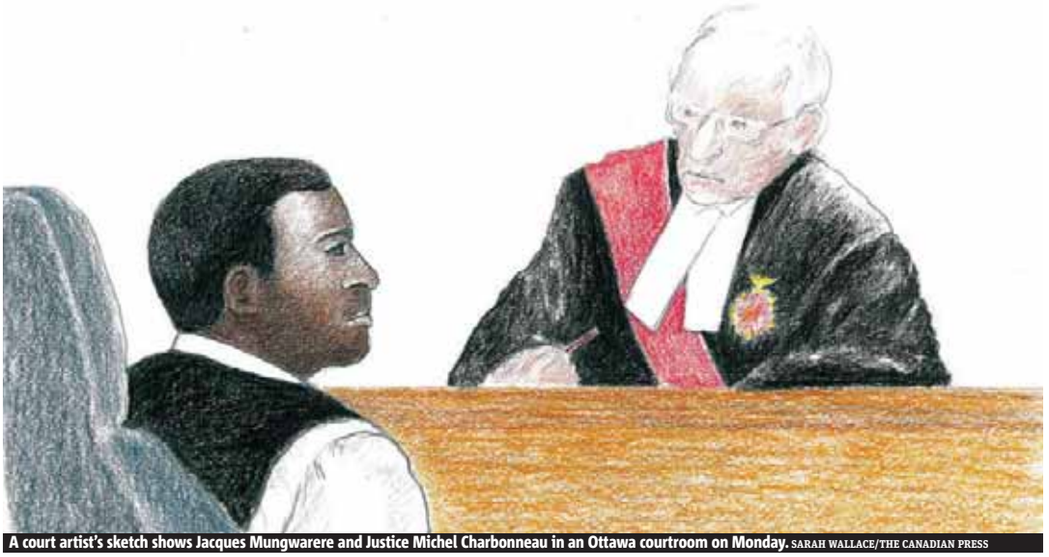
Women can't get no satisfaction

Sex isn't all it's cracked up to be, at least for Canadian women. So says a new study that found that the fairer sex is only "making do." The survey found only 31 per cent of Canadian women actually have an orgasm during regular sex, compared to 84 per cent of men. More at metronews.ca

Mobile news

A new app might prove useful to Canadians heading out this summer on road trips and seeking timely health-related information along the way. Scan the code to read more.

Accused man shot baby in hospital massacre: Crown



A court artist's sketch shows Jacques Mungwarere and Justice Michel Charbonneau in an Ottawa courtroom on Monday. SARAH WALLACE/THE CANADIAN PRESS

Trial begins. Opening statement alleges that defendant participated in 1994 genocide

JESSICA SMITH
jessica.smith@metronews.ca

Jacques Mungwarere is accused of participating in a hospital massacre and shooting a baby dead during the Rwandan genocide.

Mungwarere's genocide trial began in Ottawa before Justice Michel Charbonneau Monday, and is expected to last five to six months.

Crown lawyer Luc Boucher said, in an opening statement in French, that the 1994 Rwandan genocide consisted of "massacre after massacre" of Tutsis.

Mungwarere is accused of participating in a premeditated mass killing at a hospital in the Kibuye region, where Tutsis were taking refuge on April 16, 1994.

Boucher said Mungwarere was among a group of armed Hutu militants who surrounded the hospital and killed most of those inside. Mungwarere chased those who fled through the hills, he said.

One witness will testify that Mungwarere shot a baby, left behind by a Tutsi who was fleeing.

Tutsi and Hutu witnesses will testify, including some people who survived the hospital massacre.

The first witness, an expert in Rwandan political history, Timothy Longman, testified about Rwanda's colonial history, the political structures at the time of the genocide and the current political and judicial systems.

Defence lawyer Marc Nerenberg cross-examined Longman primarily about Rwandan justice and the community-based "Gacaca courts." Longman said the courts have seen 900,000 to one million people — including a majority of Hutu men who were adults in 1994 — tried for genocide-related crimes. Longman testified that about 90 per cent of the cases led to conviction and the judges, who have almost no formal training, have felt pressured to convict.

Under questioning from Nerenberg, Longman said some of the witnesses have tried to use the community courts for their own personal ends.

Christian Deslauriers, another defence lawyer, said some of the witnesses have testified in previous genocide trials, including at "Gacaca courts," and the defence will highlight discrepancies in their testimonies.

Follow Jessica Smith on Twitter @jessiecatherine

Justice

- **In the 100 days after Rwandan president Juvénal Habyarimana was killed in a plane crash on April 6 1994, 80 per cent of the Tutsi population — 700,000 people total — were killed.**
- **Shortly after the genocide, about 130,000 people were incarcerated in overcrowded prisons.**
- **In 2005, about 250,000 Rwandan laypersons began to serve as judges in Rwandan community courts.**
- **They have tried the cases of 900,000 to one million people, with an estimated 90 per cent conviction rate.**

Source: Testimony of expert witness Professor Timothy Longman.

Annual report

Crime down, cop payroll up in 2011

The level of reported crime in Ottawa fell 2.3 per cent from 2010 to 36,622 offences, Ottawa police said in their annual report for 2011.

Preliminary statistics show a decrease in violent crime (down five per cent), property-related offences (down one per cent), and administration-of-justice offences (down eight per cent), the report said.

The force's "solvency" rate for the 939,598 calls for service it received sat at 38.9 per cent. Salaries grew six per cent over last year to more than $205.1 million. METRO

No more Sunday Citizen

Layoffs at Postmedia

The Ottawa Citizen is cutting 20 newsroom positions and stopping its Sunday edition as part of a series of cost-cutting measures announced by its parent firm Postmedia.

The last Sunday Citizen will be July 15. Layoffs were also announced at the Montreal Gazette, Calgary Herald and Edmonton Journal. The changes come as Postmedia tries to cut print-related production costs. Earlier this month, the publisher also decided to cancel an in-house wire service, Postmedia News, resulting in the loss of some two dozen jobs.

The Toronto-based company, formerly part of the Canwest media empire broken up in 2010, said its net loss was $11.1 million in the three months ended Feb. 29. That compared with a loss of $12.5 million a year earlier when it booked a $1.8-million loss from discontinued operations sold to Glacier Media.

THE CANADIAN PRESS

RELAY FOR LIFE RELAIS POUR LA VIE
Canadian Cancer Society Société canadienne du cancer

Survivors, come celebrate!
Survivants, venez célébrer!

Ottawa Centre
Carleton University
June 8-9, 2012
7 p.m. – 7 a.m.

Ottawa East
Millennium Park
June 15-16, 2012
7 p.m. – 7 a.m.

Ottawa West
Walter Baker Park
June 15-16, 2012
7 p.m. – 7 a.m.

Register online at relayforlife.ca or (613) 723-1744 ext. 3625

Ottawa Centre
l'Université Carleton
8-9 juin 2012
19 h à 7 h

Ottawa Est
Parc Millennium, Orléans
15-16 juin 2012
19 h à 7 h

Ottawa Ouest
Parc Walter Baker, Kanata
15-16 juin 2012
19 h à 7 h

Inscription en ligne à relaispourlavie.ca ou (613) 723-1744 ext. 3625

mbna
Celebrate Sponsor / Commanditaire Célébrer
ALAVIDA
Fight Back Sponsor / Commanditaires de la lutte
metro HOT 89.9
OTTAWAKIOSK.COM CTV
Media Sponsors/ Commanditaires médiatiques de l'événement

Winnipeg mother reunited with her missing children

Alleged abduction. Four years after they were taken by their father, kids found in Guadalajara, Mexico

Emily Cablek has been reunited with her two children almost four years after they were taken from her, moved around Mexico and kept hidden from public view, authorities said Monday.

Cablek saw her children Dominic and Abby Maryk, now eleven and nine years old respectively, on the weekend after they were found in a home in Guadalajara on Friday. Their father, Kevin Maryk, was arrested on a charge of child abduction and is in custody in Mexico.

"They absolutely, 100 per cent recognized their mother. (They) have many memories, Dominic is looking forward to a Slurpee," Christy Dzikowicz, with the Canadian Centre for Child Protection, said Monday. The centre is a non-profit agency that works with governments and law enforcement to help protect children from abduction, exploitation and abuse.

"But much has been stolen from them. No school to learn. No doctors to take care. No friends to play with. No mother to love, nurture and protect them."

Cablek said in a statement that she is the "happiest mommy" in the world right now and would like to have uninterrupted time with her children.

"I'm asking please give my family some privacy so that we can begin to heal," she said. "We have a long road ahead and I want my children to feel completely safe through all of it. They deserve nothing less."

Police allege Maryk abducted his children during a court-ordered visit on Aug. 16, 2008, and moved around frequently to avoid detection. He lived for a while in Puerto Vallarta, Mexico, before moving to Guadalajara. Police allege he kept the kids inside the home during the day — forbidding them from going to school, playing with other kids or seeing a physician.

Emily Cablek, centre, poses with her two children, Abby and Dominic Maryk, in this photo taken by the Winnipeg Police Service in Winnipeg on Monday. THE CANADIAN PRESS

"This is an evil individual who did not want to be found and did take steps to try and ensure that these kids were never located," Det. Sgt. Shaunna Neufeld of the Winnipeg Police Service's missing persons unit told a news conference.

Authorities are now trying to extradite Maryk, 40, and Robert Neil Groen, 41, from Mexico on child-abduction charges. Police have also issued a Canada-wide warrant for Cody John McKay, 23, who is alleged to have helped in the abduction.

THE CANADIAN PRESS

Quebec resumes talks with student groups

Gabriel Nadeau Dubois, a spokesperson for student group C.L.A.S.S.E, before a meeting in Quebec City on Monday. CLEMENT ALLARD/THE CANADIAN PRESS

A two-week period marked by burgeoning protest and bitter recrimination has now entered a new phase, with Quebec student leaders back at the negotiating table with the provincial government Monday.

Student representatives arrived in Quebec City for their first face-to-face meeting with government officials since mid-May.

Talks had broken off when the government tabled emergency legislation aimed at controlling the protests. The move appears to have backfired, however. Festive and largely peaceful demonstrations have spread to other cities — in some cases even outside Quebec and Canada.

As they entered the meeting, students said they expected the government to compromise on the key issue of tuition increases that sparked their movement in the first place. They said any solution would include two elements: a retreat on tuition fees and on the emergency law, Bill 78.

The student leaders also warned that they won't be pressured into hastily accepting a deal this time. A few weeks ago, the sides emerged from an all-night negotiating session with an agreement that was ultimately rejected by voters at student assemblies.

The students are now saying they have more leverage, and less pressure, than they did the last time. At the time, school semesters had been at risk of being cancelled but they have since been paused and will resume in mid August.

The government, on the other hand, has a more immediate worry: that a prolonged dispute will cause chaos for tourists heading to take in Montreal's big summer festivals.

THE CANADIAN PRESS

Mount Everest

Climber's body recovered

The body of a Canadian woman who died while returning from the summit of Mount Everest is one step closer to being evacuated from the mountain.

A spokesman from Utmost Adventure Trekking says a team of climbers managed to bring Shriya Shah-Klorfine's remains down within helicopter rescue range earlier today.

Shah-Klorfine was among several climbers who died while trying to scale Mount Everest on May 19. THE CANADIAN PRESS

Cape Breton

Body found in hockey bag

Police in Nova Scotia have identified human remains that were found stuffed inside a hockey bag and floating on a river.

Cape Breton Regional Police say the remains of a 21-year-old woman from Cape Breton were found around 8 p.m. on Friday in Marion Bridge. The bag was discovered by residents who spotted it floating on the Mira River behind their home on Hillside Road.

THE CANADIAN PRESS

Toronto

Engine failure leads to hasty landing

A Boeing 777 made an emergency landing at Toronto's Pearson airport on Monday after losing an engine shortly after takeoff.

Air Canada spokesperson Peter Fitzpatrick said the crew landed the plane on one engine and there were no injuries among the 318 passengers and 16 crew aboard. Fitzpatrick said the cause of the engine shutdown on flight AC001 to Narita airport in Tokyo was as yet unknown.

THE CANADIAN PRESS

TopHat Moving and Transportation

Our professionalism and customer service stands us above the rest!

BOOK NOW FOR SUMMER MOVES!

HIGHEST LEVEL OF SERVICE • FULL INSURED • COMPETITIVE RATES

www.tophatmovers.ca • 613-402-MOVR • info@tophatmovers.ca

AMBITION IS SPELLED WITH THREE LETTERS: CMA.

A CMA designation gives you the unique management, leadership, and strategic skills to take your career to the next level.

For more information, visit **becomeacma**.com

Create Possibilities.

CMA Certified Management Accountants™

© 2012 Certified Management Accountants of Ontario. All rights reserved. ®/™ Registered Trade-Marks/Trade-Marks are owned by The Society of Management Accountants of Canada. Used under licence.

Russia losing patience with Assad regime

Turning point. Foreign minister's comments in wake of slaughter unusually critical

A weekend massacre of more than 100 people emerged as a potential turning point in the Syrian crisis Monday, galvanizing even staunch ally Russia to take an unusually hard line against President Bashar Assad's government.

Analysts said Russia may be warning Assad that he needs to change course or lose Moscow's support, which has been a key layer of protection for the Syrian government during the uprising that began in March 2011. Russia has grown increasingly critical of Damascus in recent months, but Foreign Minister Sergey Lavrov's latest comments were unusually strong. Although he said opposition forces have terrorists among them, he put the blame for 15 months of carnage primarily on Assad's government.

UN special envoy Kofi Annan, left, and Norwegian Maj. Gen. Robert Mood, head of the UN observer team in Syria, are seen in Damascus. THE ASSOCIATED PRESS

"The government bears the main responsibility for what is going on," Lavrov said in Moscow following a meeting with British Foreign Secretary William Hague. "Any government in any country bears responsibility for the security of its citizens."

Alexei Malashenko, a Middle East expert with the Carnegie Moscow Center, said Lavrov's comments suggest Russia may be backing away from its long-standing support for Damascus. "Bashar has definitely gotten the sense that he may lose Russia's sympathy, and he may step back a bit," Malashenko said.

THE ASSOCIATED PRESS

SAVE ENERGY AND MONEY ALL YEAR ROUND!
2 PROMOTIONS TO CHOOSE FROM! (Limited time offer)
No HST!
OR
Replace 5 windows and save 50% on your door!
Improving the energy efficiency of your home.
Call us today for your free in-home consultation.
ECO OTTAWA WINDOWS & DOORS
Green today for a brighter tomorrow
INLINE FIBERGLASS
VINYLGUARD
1285 Wellington Street West, Unit 2 613.695.3261
www.ecoottawawindowsanddoors.ca

Lauded

Ad examination wins book award

Bruce Philp has won the National Business Book Award for his examination of the advertising industry, shutting out former media baron Conrad Black.

Philp received the recognition for his book Consumer Republic: Using Brands to Get What You Want, Make Corporations Behave, and Maybe Even Save the World.

The National Business Book Award hands out $20,000 to the winner each year.

THE CANADIAN PRESS

Telecom

Choices coming to the North

Northern consumers will have more choice for their Internet, residential and cellphone services with two private telecom companies joining forces to expand their footprint in the Northwest Territories, Yukon and Nunavut.

Ice Wireless and Iristel said Monday they will bring competition to NorthwesTel, a subsidiary of BCE Inc.'s Bell Canada that serves the North.

THE CANADIAN PRESS

Market Minute

DOLLAR
97.68¢ US (+0.55¢)

TSX
11,566.15 (-10.32)

OIL
$91.15 US (+29¢)

GOLD
$1,573 US (+$4.10)

Natural gas: $2.556 US (-7.1¢)
Dow Jones: Closed

Tories table bill to end CP strike

Labour dispute. 'The work stoppage is preventing our ability to keep products moving in and out of Canada': Labour minister

Labour Minister Lisa Raitt says the government must act now to end a strike by 4,800 Canadian Pacific Railway workers in order to preserve the country's international reputation.

The Harper government has tabled back-to-work legislation, the third time it has intervened in a labour dispute in similar fashion in the last year.

With legislation introduced after question period on Monday, Raitt said she expects the railroad to be back in business by Thursday. Mediated contract talks between the railway and the Teamsters union representing locomotive engineers and conductors collapsed Sunday.

The union says the company is demanding up to a 40 per cent cut in the earned pensions of employees, after making a $570-million profit last year.

"We've spent out entire careers paying for this, contributing to this and relying on this," said Doug Finnson, union vice-president and chief negotiator. "And because the shareholders want increased value, they want to squeeze it out of our pension plan and then put it over to the shareholders."

THE CANADIAN PRESS

Front-office turmoil

The labour unrest comes amid front-office turmoil that saw CP's chief executive officer Fred Green and much of the old company board forced out by an investor revolt, led by New York-based investor Bill Ackman of Pershing Square Capital Management LP.

- The departing CEO, who Ackman accused of running an underperforming company, walked away with an $18-million severance package, a point noted by Liberal House leader Marc Garneau.

Facebook founder's candid cameo

Social-media sites and blogs have lit up after eagle-eyed viewers spotted a surprise cameo in a Chinese TV documentary about the country's police force. Facebook founder Mark Zuckerberg and his now-wife, Priscilla Chan, were spotted here in this image taken from undated CCTV video. The footage shows the couple wearing the same clothes they were photographed in during a March 27 visit to Shanghai.

HANDOUT/THE ASSOCIATED PRESS

Watchdog. Restraint pays off for Ottawa, report says

The federal government was well on its way to reducing operating costs even before introducing new austerity measures in March, the budget watchdog said Monday.

The new report by Parliamentary Budget Officer Kevin Page suggests Ottawa is succeeding with its plan to keep a lid on spending as part of the overall plan to balance the budget over the next four years.

While transfer payments to provinces and individuals for such things as health care, old age security and employment insurance continue to rise, most operating costs — which can be more easily controlled — are being curtailed.

Parliamentary Budget Officer Kevin Page. THE CANADIAN PRESS

The report shows that even without the latest initiative, unveiled in the March budget to cut operations spending by $5.2 billion and 19,200 public-service positions over the next three years, costs were already coming down. THE CANADIAN PRESS

Leadership. RIM to lose another senior executive

Research In Motion Ltd. is losing another senior executive as its chief legal officer is retiring amid reports RIM may announce a major restructuring this week, a move that could result in thousands of job cuts.

RIM said Monday that Karima Bawa had been in discussions about her retirement for some time and plans to stay on to help with the transition once a replacement has been hired

Bawa's retirement follows the departure last week of Patrick Spence, the BlackBerry maker's head of global sales.

Changes in the senior leadership at RIM follow the appointment of Thorsten Heins as RIM's president and chief executive earlier this year. Heins replaced co-chief executives Jim Balsillie and Mike Lazaridis after months of pressure from shareholders.

THE CANADIAN PRESS

Jobs

2,000

Several reports have suggested RIM will cut at least 2,000 jobs from its operations around the globe as part of massive restructuring. The cuts would follow a move last year to axe roughly 2,000 jobs. The company has about 16,500 employees.

CIBC survey. Most Canadians carrying debt

The majority of Canadians are in debt but nearly half of them are trying to pay off their dues ahead of schedule, according to a survey conducted for a major bank.

The study, commissioned by CIBC, found that 72 per cent of respondents said they held some form of debt such as a mortgage, student loan or credit card. But about 49 per cent of those responding to a phone survey conducted for CIBC said they've made an extra lump-sum payment in the last year to try and bring down what they owed. THE CANADIAN PRESS

More people talk to BDO for debt solutions than anyone else in Canada. Learn about all your options. It won't cost you anything to call. You'll feel a whole lot better when you do.

BDO helps you take control of debt.

Credit & Debt Counsellors | Proposal Administrators | Trustee in Bankruptcy

613 235 5225
bdodebthelp.ca

BDO Canada Limited is an affiliate of BDO Canada LLP. BDO Canada LLP, a Canadian limited liability partnership, is a member of BDO International Limited, a UK company limited by guarantee, and forms part of the international BDO network of independent member firms. BDO is the brand name for the BDO network and for each of the BDO Member Firms.

BDO

Gold and Silver Coins Selling for Highest Prices in Over 30 Years

Due to Weak Economy and It's Happening Right Here in Nepean/Ottawa West!

By DAVID MORGAN
STAFF WRITER

ICC will be placing ads in newspapers, radio and running television spots this week asking people to bring in any old silver and gold coins made before 1968 and U.S. coins made before 1970. Those that bring in their coins will be able to speak with collectors one on one and have their coins looked at by a specialist. With the help of these ICC members, offers will be made to those that have coins made before 1968. Offers will be made based on silver or gold content and the rarity of the coins. All coins made before 1968 will be examined and purchased including gold coins, silver coins, silver dollars, all types of nickels and pennies. Those that decide to sell their coins will be paid on the spot.

If you are like a lot of people you might have a few old coins or even a coffee can full lying around. If you have ever wondered what they are worth now might be your chance to find out and even sell them if you choose. They could be worth a lot according to the International Coin Collectors also known as ICC. Collectors will pay a fortune for some coins and currency for their collections. If it is rare enough, one coin could be worth over $100,000 according to Eric Helms, coin collector and ICC member. One ultra rare dime, an 1894S Barber, sold for a record $1.9 million to a collector in July of 2007. While that is an extreme example, many rare and valuable coins are stashed away in dresser drawers or lock boxes around the country. The ICC and its collector members have organized a traveling event in search of all types of coins and currency. Even common coins can be worth a significant amount due to the high price of silver and gold, says Helms. Washington quarters and Roosevelt dimes can be worth many times their face value. Recent silver markets have driven the price up on common coins made of silver. Helms explains that all U.S. half dollars, quarters and dimes made before 1970 contain 90% silver and are sought after any time silver prices rise. Right now it's a sellers market he said.

The rarest coins these collectors are looking for include $20, $10, $5 and $2 1/2 gold coins and any coin made before 1850. These coins always bring big premiums according to the ICC. Silver dollars are also very sought after nowadays.

Other types of items the ICC will be purchasing during this event include U.S. currency, gold bullion, investment gold, silver bars, silver rounds, proof sets, etc. Even foreign coins are sought after and will be purchased.

Also at this event anyone can sell their gold jewellery, dental gold or anything made of gold on the spot. Gold is currently trading at record high prices. Bring anything you think might be gold and the collectors will examine, test and price it for free. If you decide to sell, you will be paid on the spot – it has been an unknown fact that coin dealers have always paid more for jewellery and scrap gold than other jewelers and pawn brokers.

So whether you have one coin you think might be valuable or a large collection you recently inherited, you can talk to these collectors for free. If your're lucky you may have a rarity worth thousands. Either way there is nothing to lose and it sounds like fun!

What We Buy:

COINS
Any and all coins made before 1968, U.S. coins made before 1970, rare coins, entire collections, Silver Dollars, Half Dollars, Quarters, Dimes, Half Dimes, Nickels, Three Cent Pieces, Two Cent Pieces, Cents, Large Cents, Half Cents and all others.

PAPER MONEY
All denominations made before 1934.

GOLD COINS
Including $20, $10, $5, $4, $3, $2.5, $1, Private Gold, Gold Bars, etc.

INVESTMENT GOLD
Kruggerands, Canadian Maple Leafs, Pandas, Gold Bars, U.S. Eagles and Buffalos, etc.

GOLD
IS TRADING AT ALL TIME HIGHS
NOW IS THE TIME TO CASH IN!

SCRAP GOLD
Broken and unused jewellery, dental gold.

JEWELLERY
Diamond rings, bracelets, earrings, loose diamonds, all gem stones, etc.

PLATINUM
Anything made of platinum.

SILVER
Flatware, tea sets, goblets, jewellery, etc. and anyt marked sterling.

INTERNATIONAL
COIN COLLECTORS

Here's How It Works:

- Gather items of interest from your attic, safe deposit box, garage, basement, etc. There is no limit to the amount of items you can bring
- No appointment necessary
- If interested in selling, we will consult our collector's database to see if a buyer exists. 90% of all items have offers in our database
- The offer is made on the spot on behalf of our collectors making the offer
- If you decide to accept the offer, we will pay you on the spot!
- You get 100% of the offer with no hidden fees

FREE
ADMISSION
CONTINUES IN NEPEAN/OTTAWA WEST
EVERY DAY
WEDNESDAY - SUNDAY
MAY 30TH - JUNE 3RD
W-SAT 9AM-6PM
SUN 9AM-4PM
DAYS INN OTTAWA WEST
350 MOODIE DR.
NEPEAN/OTTAWA WEST, ON K2H 8G3
DIRECTIONS: (613) 726-1717
SHOW INFO: (217) 787-7767

PAYING ON THE SPOT FOR THE FOLLOWING COINS & CURRENCY

SCRAP GOLD

EDWARD VII NICKEL

GEORGE V NICKEL PRE 1922

VICTORIA DIME

EDWARD VII DIME

GEORGE V DIME

GEORGE VI DIME

ELIZABETH II DIME PRE 1967

VICTORIA QUARTER

EDWARD VII QUARTER

GEORGE V QUARTER

GEORGE VI QUARTER

ELIZABETH II QUARTER PRE 1967

VICTORIA HALF

EDWARD VII HALF

GEORGE V HALF

GEORGE VI HALF

UNITED STATES COINS

WHEAT BACK CENT UP TO $1,500*

BUFFALO NICKEL UP TO $1,800*

BARBER DIME UP TO $3,600*

KENNEDY HALF UP TO $4,400*

WE BUY ALL GOLD, SCRAP GOLD, GOLD JEWELLERY

WE HAVE UNCOVERED SOME OF THE RAREST NOTES IN HISTORY!

BRING IN YOUR OLD BANK NOTES TO FIND OUT IF YOU HAVE A HIDDEN GEM!

FREE

ADMISSION

CONTINUES IN NEPEAN/OTTAWA WEST

EVERY DAY

WEDNESDAY - SUNDAY

MAY 30TH - JUNE 3RD

W-SAT 9AM-6PM

SUN 9AM-4PM

DAYS INN OTTAWA WEST

350 MOODIE DR.

NEPEAN/OTTAWA WEST, ON K2H 8G3

DIRECTIONS: (613) 726-1717

SHOW INFO: (217) 787-7767

INTERNATIONAL COIN COLLECTORS

WE ALSO PURCHASE POCKET & WRIST WATCHES, COSTUME JEWELLERY, STERLING SILVER

BRAMA TELECOM INC.
Introducing Our Best Value
HOME PHONE
$14.95/month
UNLIMITED CANADA INCLUDING EXTRA 250 min* USA CALLING
15 Features included
FREE • activation • shipping • transfer your number
This offer valid June 29, 2012
You could win
One of 50 phone packages including:
• free phone adapter
• free activation
• free keeping your number
• free shipping
• 2 month free service
VISIT club metro COM TO ENTER
Start saving today!
No contract, No obligation
1 613-667-2244
www.bramatelecom.com
To register and for full contest details visit club metro.com

Police officers march away a man who threw an egg at the vehicle of former British prime minister Tony Blair as he was being driven away after appearing at the Leveson inquiry at the Royal Courts of Justice in London on Monday.
MATT DUNHAM/THE ASSOCIATED PRESS

Press barons bullied U.K. PM: Testimony

Scandal. 'I took a strategic decision to manage these people, not confront them': Tony Blair

Former Prime Minister Tony Blair said Monday that he couldn't stand up to the Britain's media tycoons while in power, telling an official media-ethics inquiry that doing so could have dragged his administration into a political quagmire.

Blair's testimony, briefly interrupted by a heckler who burst into the courtroom to call him a war criminal, included his longtime concerns about what he once described as the "feral beasts" of the media but had to tread carefully where press barons were concerned.

THE ASSOCIATED PRESS

Background

Justice Brian Leveson's inquiry was set up following revelations of phone hacking at Rupert Murdoch's News of the World tabloid, a scandal that has rocked the British establishment and raised questions about whether top politicians helped shield Murdoch from official scrutiny.

BMO survey. Fewer home renovations planned

Fewer Canadian homeowners are planning renovations this year, possibly reflecting increased concern over household debt, according to the Bank of Montreal's annual home renovation report.

The online survey conducted for BMO by Leger Marketing and released Monday found that 51 per cent of homeowners plan a renovation project this year, down from 62 per cent in 2011.

Among other things, the survey indicated that single-family homeowners far outpaced their condo-dwelling counterparts — 62 per cent versus 41 per cent respectively — when it came to renovation plans.

By region, 50 per cent of respondents in British Columbia were planning a renovation project, 52 per cent in Alberta, 67 per cent in Manitoba and Saskatchewan, 55 per cent in Ontario, 37 per cent in Quebec and 59 per cent in the Atlantic provinces.

THE CANADIAN PRESS

CANADIAN PARALYMPIC SUPER FAN CONTEST
Share your story and you could
WIN A TRIP FOR TWO TO LONDON, ENGLAND
for the 2012 Paralympic Games!
ARE YOU A FIGHTER? AN ODDS-DEFIER? A NEVER-SAY-NEVER?
Then you could be THE ULTIMATE PARALYMPIC FAN!
Canadian Paralympic Committee | Comité paralympique canadien
ENTER NOW AT facebook.com/CDNParalympics
Entries accepted from May 22 to July 2, 2012.
Official Rules and Regulations available online.

Canada's National Notary Public Company
Notarization & Legalization
Over 100 Locations Across Canada
Mobile Notary
Certified True Copies
E-Document Certification
Notarization & Commissioners of Oaths
Affidavits
Visa & Passport Processing
Red Seal NOTARY
Scan and Save
Fingerprinting
Background Checks
Land Title Searches
Authentication & Legalization (Apostille)
Consent to Travel
RedSeal Notary.com
1-888 922-7325

NEED COOL DESIGN TIPS?
Read metro home every Thursday.

A PUFF TO EASE THE PAIN

SHE SAYS...
Jessica Napier
metronews.ca/shesays

A few years ago, my father was diagnosed with multiple sclerosis. I can't really pinpoint the exact date, because it took a good two years for my mother to stop referring to his illness as "MS-like symptoms" and actually start saying "MS."

Over time I've watched his ability to walk deteriorate. In 2010 we took a family trip to Cambodia and I saw him scale the temple walls at Angkor Wat from sunrise to sunset. Last weekend I helped him as he struggled to lift himself out of a Muskoka chair.

Sometimes I think about whether my father will be able to walk me down the aisle at my wedding, or whether he'll even be alive to witness it. Then, of course, I immediately stop thinking about those things, as they lead to crying fits in public places.

The more I'm confronted with the realities of this all-too-common autoimmune disease, the more desperate I'm becoming in my devouring of information about anything that might help.

High Times

"While other parents read DARE pamphlets about the perils of drug abuse to their children, my father enjoyed a monthly subscription to High Times magazine."

Last week, the University of California released a study demonstrating the benefits of marijuana for individuals suffering from MS. The study found that patients who smoked cannabis once a day experienced a significant reduction in muscle tightness and other painful symptoms associated with MS.

As a hippie, my father was practising this form of self-medication a good 40-something years before he was ever diagnosed. The only real difference is now he has a medical-marijuana licence and a copy of the Canadian Medical Association Journal to back him up.

While other parents read DARE pamphlets about the perils of drug abuse to their children, my father enjoyed a monthly subscription to High Times magazine. Marijuana was never an after-school-special kind of conversation topic in my house — it wasn't cool or dangerous, it was just simply there. Consequently, I had no interest in it. After all, what's the point of teenage rebellion if the person you're trying to revolt against is munching on "special" cookies in your living room?

I've never judged him for smoking it and I certainly don't now. Watching him self-medicate his way through this disease has changed the way I think about drugs and pain. In fact, it's changed my outlook on a lot of things in my life.

It makes me want to take the stairs every day, knowing that perhaps one day I won't be able to. It inspires me to run outside even when I'm feeling lazy — not because I should, but because I can.

Weird news

Rest in Presley peace

For the right price, you or a loved one can rest in peace in the tomb of the King.

Celebrity auctioneer Darren Julien is selling Elvis Presley's original crypt to the highest bidder as part of his Music Icons auction later this month.

The tomb is located inside the granite and marble mausoleum at the Forest Hill Cemetery in Memphis, Tenn.

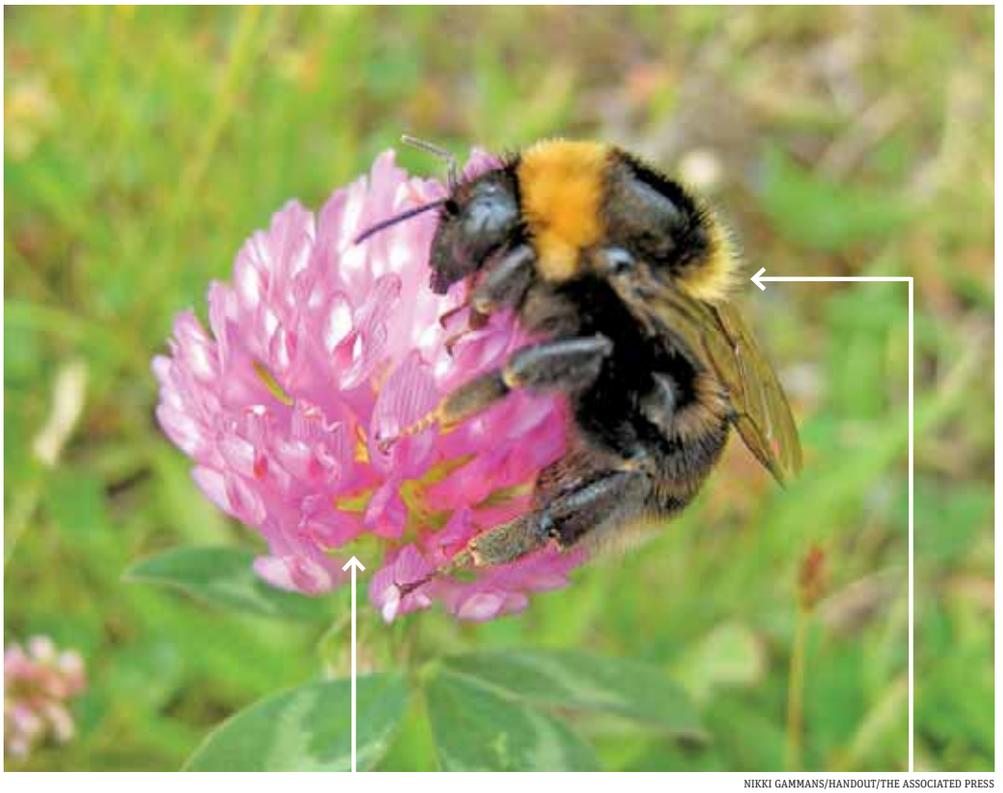
Presley was interred there alongside his mother, Gladys, after he died Aug. 16, 1977. Two months later, they were re-buried at his Graceland home. The original crypt has remained empty ever since.

Elvis Presley's crypt.
THE ASSOCIATED PRESS

Julien says the winning bid from the auction beginning June 23 will receive the crypt, the opening and closing of the vault for burial, a memorialization inscription, and use of a chapel for a committal service. Transportation and funeral-home charges are not included.

THE ASSOCIATED PRESS

Bees do it best in clover



NIKKI GAMMANS/HANDOUT/THE ASSOCIATED PRESS

Homecoming buzz

The bees are back in Britain

They've been away, but now they are — hopefully — buzzing back to their rightful place in the bucolic British countryside.

Around 50 short-haired bees were released into an English nature reserve Monday, some two decades after they were wiped out from most of rural Britain.

THE ASSOCIATED PRESS

Wild-flower welcome

"Our farmland always used to have wild-flower borders. We are just asking farmers to go back to the way things were, and the response has been overwhelmingly positive."

Nikki Gammans, ecologist and project leader

Betting the farm

- Ecologists hope that with the support of farmers who have agreed to grow flowers and plants that help bees flourish, the bugs will zip across the country again.
- The population of short-haired bees — scientific name Bombus subterraneus — has declined dramatically across most of Europe the last two decades as their habitat was destroyed.

Born to be the Bombus

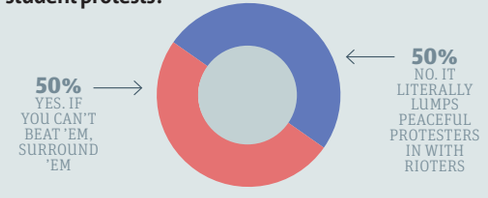
12

Bombus subterraneus were declared extinct in Britain 12 years ago. But the short-haired bees survived in Skane, Sweden, and three years ago, Natural England, a U.K. government-backed conservation project, launched a program to bring them back into the wild. The bees that made it through the screening process were released into the wild Monday in a nature reserve in Dungeness, Kent, in southeast England, filled with wild flowers like red clover, white dead nettle, yellow flag and tufted vetches.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Should police be allowed to kettle protesters as they did during the G20 and recent Montreal student protests?



Twitter

@rebeccabronwyn
I want deep fried pickles so badly right now! #crave

@WrightRyan
@HeatherInOttawa Coffee is gluten free! Add vodka?

@hillary_mcleod
Love that I have about half a million ways to get home. Today it's one bus and a train! #publictransit #Ottawa

@abbeykisel
round 2 of raccoon catching. #secondround #gomikego

@JuliaSicard
@Infamous2119 omg. You understand me. I normally use slices of cheese as eyebrows. Eyebrows can change the whole emotion of the happy face:)

@WrightRyan
@stratosphear @HeatherInOttawa #hash #tag #all #the #things!

metro

President Bill McDonald • **Vice-President & Group Publisher, Metro Eastern Canada** Greg Lutes • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **Managing Editor, Ottawa** Sean McKibbon • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Vice-President, Sales** Quin Millar • **National Sales Director** Peter Bartrem • **General Manager** Dara Mottahed • **Sales Manager** Ian Clark • **Distribution Manager** Bernie Horton • **Vice-President, Business Ventures** Tracy Day • **Vice-President, Marketing & Interactive** Jodi Brown • **Vice-President, Finance** Phil Jameson • **METRO OTTAWA** • 130 Slater St., Suite 300 Ottawa, ON K1P 6E2 • **Telephone:** 613-236-5058 • **Fax:** 866-253-2024 • **Toll free:** 1-888-916-3876 • **Advertising:** 613-236-5058 • adinfoottawa@metronews.ca • **Distribution:** bernie.horton@metronews.ca • News tips: ottawa@metronews.ca • **Letters to the Editor:** ottawaletters@metronews.ca

2
SCENE

Scene in brief

De Niro given honorary degree

As he received an honourary doctorate Sunday, Oscar-winning actor Robert De Niro told Bates College graduates that despite his own lack of formal education, he made out OK. During a 15-minute address that was by turns sincere and irreverent, De Niro drew a steady stream of laughter from the 463 graduating seniors and more than 5,000 onlookers at the private, liberal arts college's campus. De Niro, who quit high school to pursue an acting career, was one of three high-profile guests who received honorary degrees at the Bates commencement. PBS Newshour senior correspondent Gwen Ifill and Princeton University molecular biologist Bonnie Bassler also were honoured. But it was De Niro who stole the show as he received an honorary doctorate of fine arts degree. "In many ways, leaving school when I did it was an advantage. I saved nearly $6,000 by not having to pay tuition and expenses for four years of education," he said. "I feel a little foolish, because if I had waited until now not to go to college, I could have saved around a quarter of a million," he said.

THE ASSOCIATED PRESS

On the web

Michael Haneke's Amour wins Cannes Film Festival Palme d'Or

Kristen Stewart plays Snow White in Snow White and the Huntsman, opening Friday. HANDOUT

Rookie director steps into fairy tale land

Snow White. First-time director Rupert Sanders talks about being handed the keys to Universal's $175 million project

NED EHRBAR
Metro World News in Hollywood

In researching his visually distinctive debut film, Snow White and the Huntsman, British director Rupert Sanders avoided one animated classic in particular.

"I actually haven't seen the Walt Disney (Snow White) for ages because I didn't want to be tarnished by it," he says.

"I looked at other filmmakers, like Roman Polanski's Macbeth. I watched Kingdom of Heaven. I think I set out trying not to make a big commercial fairy tale movie, but I wanted to make a big, Lawrence of Arabia kind of medieval tale, and that's really what I think the film is."

But certainly Universal Pictures — which is betting a lot giving a first-time director the keys to a $175 million fantasy film — is hoping for at least in part a big commercial fairy-tale movie.

"Universal have been an incredible partner to work with," Sanders insists.

"First of all, they wrote a massive cheque for a novice to take a lot of their money and go over to Europe untouched and make a film. They've been very trusting."

Of course, part of that trust can be attributed to the Snow White in the title, since the source material continues to be hugely popular.

So what is it about that fairy tale that keeps drawing audiences — and studio executives — back?

"It's the best fairy tale, really. I don't really like them when they get too princess-y. I don't love balls and sleeping beauties and things like that," Sanders says.

"It's one of those stories that is about the human condition. It's about so many of those emotions that we go through — jealousy, the way we look," Sanders says.

"I think in a way it's more relevant today than it was. Everything is so image-obsessed… I hope it has the same lesson in life to our young people. It teaches you a lot about how to cope with the human condition, how to cope with death, basically."

So what's next for Sanders? "I am done with fairy tales," Sanders says with a weary laugh.

So what will he do for a second feature film? "I'd love to make something contemporary or sci-fi, which is my favourite genre. You can make a film that's sociopolitical without it being a rant. You can put a bigger magnifying glass on our world now if you put the story 100 years in the future."

Of course, if Snow White and the Huntsman is a hit, he might not be as done with fairy tales as he suggests. "Who knows. I think it will be hard for me not to go back into the Snow White world if that world appeared again," Sanders admits.

"It's its own story. If there's a desire for people to want to continue with those characters — I think there will be, they're such great characters, they're well-played."

Of course, there's at least one obstacle to a possible sequel to the fairy tale film: "A couple of people end up dead, so I'd have to fill those shoes," he says.

Quoted

"It's the best fairy tale, really. I don't really like them when they get too princess-y. I don't love balls and sleeping beauties and things like that."

Director Rupert Sanders on the enduring quality of the Snow White tale

Updating the story

There's no damsel in distress here

The days of the damsel in distress are clearly over. Audiences have already seen a Snow White take up arms, with Lily Collins dueling with — and besting — her Prince Charming in Mirror, Mirror in March. But in Snow White and the Huntsman, the fairy tale princess (played by Twilight star Kristen Stewart) goes to war.

What really sets Rupert Sanders' film apart — aside from the stark visuals and brutal violence — is its take on the core theme of beauty and a woman's obsession with it. Even in the Brothers Grimm version, the Queen is threatened by Snow White's natural allure, but Sanders takes it even further. Charlize Theron's evil Queen Ravenna stays young and beautiful by sucking the life out of younger women, and she's hoping to cure her aging problem for good by consuming the heart of her stepdaughter.

Full of imaginative and nightmarish visual effects, massive battles and epic landscapes, Snow White and the Huntsman is by far the more ambitious of the two Snow White films — which is surprising, given that the lackluster Mirror, Mirror was helmed by the usually distinctive and daring Tarsem Singh.

DVD reviews

Goon

Director. Michael Dowse

Stars. Seann William Scott, Jay Baruchel, Alison Pill

In the very violent, very funny and exceedingly profane Goon, Canadian-born director Michael Dowse (the man behind the Fubar films) tells the story of a genial knucklehead named Doug Glatt who's a bar bouncer in a small Massachusetts town. When Doug unleashes the fury of his fists in aid of his mouthy best friend (Jay Baruchel, who also shares co-writing credits with Evan Goldberg), he's spotted by the coach of the very minor-league local team (Nicholas Campbell). The wily coach coaxes Doug to play for his brother's hockey team, the Halifax Highlanders, who are sorely in need of a miracle. Doug's only task is to beat up anyone who stands in the way of the Highlanders' top scorer, who has recently lost his mojo. Sweet-hearted Doug, well played by Scott, is proud to both draw and spill red on behalf of his team. Goon looks set to skate alongside Slap Shot as another movie that really gets the spirit of hockey's animal attraction.

PETER HOWELL

We Need to Talk About Kevin

Director. Lynne Ramsay

Stars. Tilda Swinton, John C. Reilly, Ezra Miller

Adapting Lionel Shriver's bestselling 2003 novel, director Lynne Ramsay examines the school shootings phenomenon from the point of view of parents left emotionally and physically brutalized by the aftermath. Travel writer Eva Khatchadourian (Tilda Swinton, spectacular) and her photographer husband Franklin (John C. Reilly, skating) thought they'd left all their cares behind when they moved from New York City to a big house in the suburbs. They wanted a place to raise their son, Kevin. Kevin, though fine with his father, has a toxic relationship with his mother. We Need to Talk About Kevin offers few deep insights into a violent phenomenon for which, in truth, there may be no satisfactory answers.

PETER HOWELL

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Beyoncé is human? Hard to believe

MONICA WEYMOUTH
scene@metronews.ca

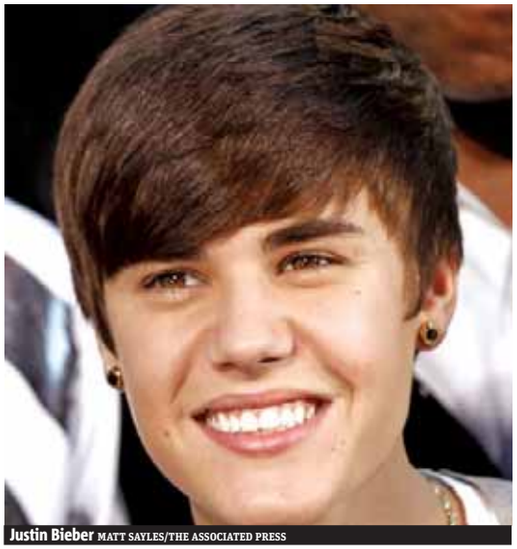
Radiant new mama Beyoncé was back on the stage for a four-night engagement at Atlantic City's Revel casino over the holiday weekend, and she didn't forget to pack her signature assortment of sparkly two-piece bodysuits and sky-high heels.

But the singer admits it wasn't easy to get in beach shape by Memorial Day weekend.

"Y'all have no idea how hard I worked," she told her audience — which included Michelle, Sasha and Malia Obama — during her Saturday evening performance.

"I had to lose 60 pounds. They had me on that treadmill. I ate lettuce! Now tonight I'm going to get chocolate wasted."

Now, we always thought the rumours that Beyoncé hired a surrogate and faked her pregnancy were crazy (unless it was a particularly slow gossip day). But can you imagine this lady at a gym or eating anything as lowly as lettuce? If she is, in fact, human, we're having a hard time believing Beyoncé had a baby in January.



Justin Bieber MATT SAYLES/THE ASSOCIATED PRESS

Bad Bieber: Did the star lay a smackdown?

Justin Bieber may have finally had enough of photographers.

The singer is a suspect in a criminal battery case after getting into a "physical altercation" with a paparazzo in Los Angeles on Sunday afternoon, according to the police report.

The "victim complained of pain and requested medical attention" and was released shortly after being taken to the hospital.

We're curious: Is there enough money in Bieber's bank account for you to admit that his baby-soft hands were capable of inflicting pain?

Queen of the unexplained exit?

Britney Spears' X Factor tenure is off to a rough start. After allegedly storming off the set after a contestant's rendition of one of her hits the first day of filming — a claim she denied on Twitter — Spears reportedly made another sudden exit on her second day, according to Us Weekly. "After a very popular contestant finished, Brit stood up and immediately walked towards the tunnel where judges enter," a source says.

"Her bodyguards (and entourage) jumped up and ran after her. She was moving fast. It was odd." While the reason for her departure was unclear, the source says Spears returned after a short while and resumed her work as though nothing had happened.

Twitter

@justinbieber
am i about to be doing free shows around the world to surprise fans?? hmmm.

@ActuallyNPH
In the Just So You Know Department: incessantly tweeting me to respond to you will almost assuredly achieve the opposite result.

@Joan_Rivers
I hate that the Indy 500 takes place over Memorial Day Weekend. Name one Civil-War soldier who could drive a race car.

@MissKellyO
Always wear your cutest pajamas to bed you'll never know who you'll meet in your dreams!

Looking for work?

The YMCA-YWCA can help. Visit the Employment Access Centre Career Fair to find your new job. Meet with a large variety of local employers across many industries.

Career Fair
Wed., May 30, 2012
1pm–4pm

Employment Access Centre
Taggart Family YMCA-YWCA,
180 Argyle Ave
RBC Community Room,
2nd Floor

ymcaywca.ca
613.788.5001

EMPLOYMENT ONTARIO

YMCA-YWCA of the National Capital Region

ENTER NOW AT CLUBMETRO.COM
AND YOU COULD WIN
A VIP FLY AWAY PACKAGE FOR TWO
TO LOLLAPALOOZA 2012
PLUS A 1-YEAR RDIO SUBSCRIPTION

THE SHINS will be performing at Lollapalooza

rdio
www.rdio.com

club metro

Lollapalooza

To register and for full contest details, visit clubmetro.com

3 LIFE

Skin care

Live Clean introduces Fresh Face

Live Clean, the Canadian brand known for its eco-friendly, plant-based personal care products, introduces Live Clean (Fresh Face), an eight-product collection of eco-friendly skin care products for your face. With five years and more than 60 products since its founding, Live Clean introduces skin care to its exceptional collection of products for hair and body. "We've been thinking about skin care for a long time now and Live Clean (Fresh Face) has been two years in active development," says Executive Vice President Michelle Sparrock. For more information, check out live-clean.com.

METRO

On the Web

When packing a portable feast ensure picnic food is safe by keeping it cold

Imagine a world where you ate right, exercised and had great sex. Unfortunately, the smug and happy are in the minority. Most of us are stressed out, sexually frustrated and regulars at KFC. According to Dr. Oz, getting healthy isn't about living longer, it's about living and looking better today.

1 What's up Doc?

A staggering third of Americans skip their yearly health check-up. But thinking ignorance is bliss could really mess you up.

Being "too busy" is the most common excuse for failing to go to the doctors says Dr. Oz, but the truth is people don't want to be inconvenienced with bad news.

"Who wants to hear they have cancer? What people don't get is that a doctor is there to guide you to better health, not make you feel bad or embarrassed. They help you understand your health so you can prevent problems in the future."

2 Watch your waist

Everyone should know their weight and BMI (Body Mass Index). Although weight can vary, BMI should always be below 25. Anything above 30 or below 18.5 means you risk developing type 2 diabetes or heart disease.

According to Dr. Oz the most important thing to monitor is waist size: "Waist size predicts the amount of fat inside the intestines: it should be no more than half your height. It's the most dangerous type of fat for your body. Stored in excess, it can put pressure on the kidneys, which can then raise your blood pressure and can also poison the liver, leading to higher cholesterol levels and diabetes."

3 Peer pressure

Studies have shown that people who lost weight by engaging in group activities were more successful at keeping it off in the long term.

"The moment you go public about your proclamation of health, you're holding yourself accountable," explains Dr. Oz. "Friends won't sabotage your efforts, but on the contrary be inspired by your achievements."

Another thing to watch out for is habits.

"Habits are the 'norm' but whether they're good or bad it is down to you.

DR. OZ'S SIX DAYS, SIX WAYS TO A BRIGHTER YOU

When was the last time you went for a health checkup? A month? A year? America's top doctor Dr. Oz, talks to Metro about the basic steps to feeling and looking great.

ROMINA McGUINNESS
romina.mcguinness@metro.lu

Get more zzz ...

Sleep is the most important thing we need and the single thing we lack the most: "Seven and a half hours a night is an ideal amount. If you've trouble sleeping it could be a sign something is holding you back either physically or psychologically," says Dr Oz. "If all else fails, try and ease your body into rest. Fifty per cent of people sleep better in colder temperatures, wearing loose clothes or no clothes and having dimmed the lights 30 minutes before going to bed.

4 Exercise: all it takes is 7 easy minutes

Emotionally satisfied people have one thing in common: they all set aside a few minutes a day of "me time," mostly in the morning.

Dr. Oz advises you to spend seven minutes every morning doing a combination of yoga, push ups and sit ups.

"Morning is the one time of day when you are still in control of your destiny. Seven minutes of light exercise is enough to reduce stress levels and make you feel as if you are in control of your life."

Why seven minutes? Don't we have to sweat it out for at least 20?

"We all have seven minutes to spare in the morning. It's also enough time to increase heart rate. If you want to exercise more, you don't have to run a marathon but something as simple as a brisk walk for 30-60 minutes, five times a week can lower your risk of heart disease by about 40 per cent."

Assess your stress

Stress alone could be the reason why you can't lose weight. It affects the neuroendocrine system that increases the amount of fat stored around the abdomen. It's also indirectly linked to the consumption of too many fatty or sugary foods, as well as inactivity.

"Some of us are comfortable being uncomfortable. Instead of running away from stress we need to embrace the discomfort. The only solution to getting over it is to come up with better coping strategies that force you to manage your stress such as assertiveness training, or even better — exercise."

CENTRE DENTAIRE
RIDEAU
DENTAL CENTRE
Aesthetic, Implant & Family Dentistry Since 1983
STRESS FREE AND CARING DENTISTRY
NOW ACCEPTING NEW PATIENTS
613-230-7475 • 2nd Level • Rideau Centre
Check out our weekly blog at www.rideaudental.ca
THIS WEEK: Dry Mouth – It is Not Just About the Water!

Go nuts

A no-nut peanutbutter?

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

A No-Nut "Peanut Butter"?

Yes, you read that right. In each issue of Best Health magazine, we show you interesting products you might not have seen, and this month we found something on grocery store shelves that's great news for anyone with a peanut allergy: No Nuts Golden Peabutter. It's a spread made of brown peas, and before you think that it sounds gross, I can say that it's actually good, and similar in taste and texture to real peanut butter. (Of course, some people with peanut allergies would be turned off by something that resembles peanut butter). Besides peas, the ingredients include canola oil, sugar and palm oil. One tablespoon is equal in protein, fat and calories to peanut butter.

What also makes this product great is that it's Canadian. Pea farmer Joe St. Denis of Legal, Alta, was travelling in Egypt when he discovered a love for hummus. Back home, he experimented, making it with different varieties of peas. But he found it tasted more like peanut butter than it did hummus. An owner of Mountain Meadows Food Processing, which sells No Nuts across Canada at grocery chains such as Sobeys and Metro, says "Brown peas taste mild, unlike green or yellow peas. And we don't add flavouring." For more interesting new products and information on healthy living, check out Best Health, on newsstands now.

TO CLAIM YOUR FREE ISSUE OF BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA/METRONEWS.

It's perfection in the details at Odile that will make you smile

Croque Odile ($12). SHARI GOODMAN

LUNCH RUSH
Shari Goodman
life@metronews.ca

It's the details at Odile that get noticed: the old-fashioned blue jug on the counter, the cubes of wood at the base of the pillar, the white smooth stone on the tray with the bill. And the attention to detail is not just in the cosy surroundings but in the food as well.

The drink choices were difficult: grapefruit and ginger or sparkling lemon with sour cherry reduction. I chose lemon and cherry and was happy.

The lunch choices were difficult, too. I chose the Croque Odile simply for the name (I'm sometimes fickle) and was delighted with the result. Smoked artisanal ham, creamy béchamel, melted gouda, arugula, thinly sliced apples and toasted walnuts on crusty bread. Every bite was a contrast in textures and flavours.

The dessert: pear tatin. The slices of pear were caramelized but not too sweet and served with a rich caramel sauce and freshly whipped (with a whisk) cream topped with finely chopped pistachios and praline.

I would eat lunch at Odile every day. It was perfect.

Visiting the restaurant

Odile

Address. 47 Montclair, Gatineau

Phone. 819-205-4425

Rating. 5/5

Price range. $$

Business lunch. Yes

Lunch with co-workers. Yes

Quick solo lunch. Yes

Social lunch. Yes

Tex-Mex Chicken Sandwich. Perfect way to add zest to each bite

1. In bowl, toss chicken with black beans, corn, cheddar cheese, green onion, salsa and sour cream until combined.

2. Divide chicken mix equally among four slices of bread. Top each with avocado, tomato and spinach leaves. Top with remaining bread slices. **MAPLE LEAF FOODS, DEMPSTER'S BREAD/ THE CANADIAN PRESS/ADAPTED BY EMILY RICHARDS (FOR MORE VISIT, EMILYRICHARDSCOOK.CA)**

Ingredients

4 servings

- 375 ml (1 1/2 cups) chopped fully cooked chicken strips
- 125 ml (1/2 cup) cooked black beans
- 50 ml (1/4 cup) thawed frozen corn
- 50 ml (1/4 cup) shredded cheddar cheese
- 1 green onion, chopped
- 30 ml (2 tbsp) each salsa and sour cream
- 8 slices whole-grain bread
- 1 avocado, sliced
- 1 large tomato, sliced
- 250 ml (1 cup) baby spinach leaves

Champagne etiquette

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Hello Mr. Butler,
I am going to be hosting an event for my parents' 50th wedding anniversary at my home and I'm in need of some champagne etiquette. What's the right temperature, what kind of glasses should I get, how much do I fill a glass and how do I make a toast?
Thanks!
Nervous Daughter

Dear Nervous Daughter,

What an exciting event! Good champagne should be served cold, so keeping it in the fridge for a few days then on ice at the bar when it is being served is important.

When opening the champagne never point it at anyone and hold the "cage" and the cork tight with a napkin while slowly turning the bottle. You will feel the pressure build up and the cork will pop out easily.

When serving, you can use either a champagne flute or saucer, though the "fashion" of today is flutes.

When you pour champagne, it foams up (just like soda pop) so pour slowly and just a small amount in every glass — this is called "priming" the glass. Then return and fill the flute with additional champagne. Don't fill the glass more than three-quarters full.

When you toast your parents, you technically don't let the glasses touch each other, however many people unfortunately do "clink" glasses.

Keep your speech short, to the point and annunciate clearly, ask everyone to raise their glass and say something like "to our parents" and then have a sip and voila — your toast is done!

Let us know how it goes. If you write to me I will do my best to guide you and your group through the process!

Champagne should always be served cold. ISTOCK

Advice

Here's an idea: Try Google

TWO SISTERS
Andrea and Claire
Life@metronews.ca

I'm planning a holiday with my new boyfriend, so I asked my old boyfriend for a recommendation because I want to go to an area he introduced me to (we dated long-distance six years ago). Our relationship was brief and he's been in a long-term relationship for a few years now, and I've been supportive and happy for him — and yet he got annoyed at me for considering a holiday in his area with my new boyfriend! Is it me, or is he a childish twit? Hmmph

Andrea: Dear Girl Needs Tour Guide, I'm going to shock you here, but there's a little thing called the Internet. On this "web," you can find great advice on where to go and what to do in virtually any city. Isn't that amazing? In the past we all had to ask our ex-boyfriends what they liked to do because it was probably what our current boyfriends would want to do as well.

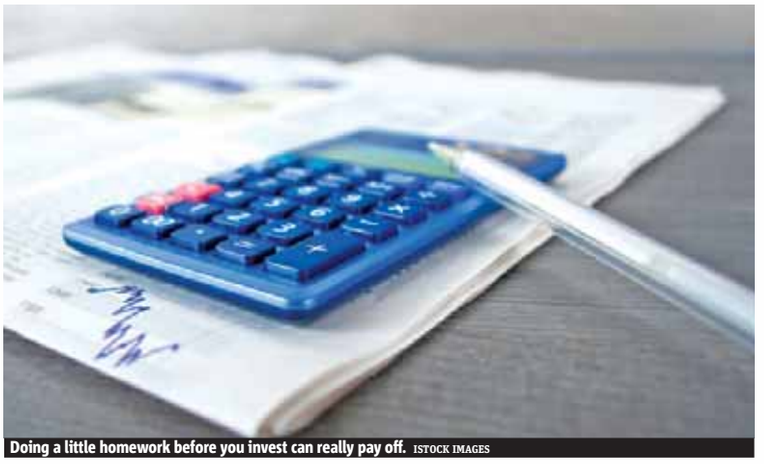
Why create new, romantic memories, when you could relive old ones in a friendly game of "deal with my baggage?"

OK, I'll stop being mean here, but asking your ex for advice was a little insensitive. He doesn't own the city, but it doesn't mean you have to rub it in his face that you're a globe-trotting hottie with a new love in tow. Happy travels!

Claire: Dear Hmmph
I'm not sure whether you should be astounded that he actually cares enough to be offended so many years later, or annoyed that he should make this about him (which might just be categorized under "twit-like"). I'm surprised he has a problem with a little friendly tour-guiding — especially if you've stayed in touch regularly enough to know that he's in a new and happy relationship, but since he does, tease him about it to keep things light, and move on. And take it as a compliment to your enduring awesomeness.

And yes, try that Internet thing. It's super useful.

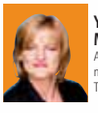
Pay down your mortgage.



Doing a little homework before you invest can really pay off. ISTOCK IMAGES

Putting your pot of gold to work

Divide and conquer. Invest any windfall slowly. You might miss out on some gains but you won't fall into an abyss



YOUR MONEY
Alison Griffiths
money@metronews.ca
Twitter: @alisononmoney

Last week I offered my two cents worth of advice to a woman wondering what to do with a divorce settlement of $20,000. I encouraged her to take time deciding whether to pay down debt, save, spend or invest.

Now I have some suggestions about the latter. Investing a lump sum can be tricky. For instance, an investment made in September 2007 on the eve of the financial crash may still be in the negative.

Divide any windfall into pieces and invest gradually to spread your risk over time. It's far better to miss out on some gains than fall into an abyss.

My choice for most investors is Exchanged Traded Funds or ETFs with very low fees. Most are lower than .50 annually compared to the average Canadian mutual fund fees of 2.25 to 2.5 per cent annually.

These products simply mimic an index like Canada's S&P/TSX Composite. There are also bond ETFs. (ETFs trade on the Toronto Stock Exchange just like shares of a company and you will pay a trading fee to buy units.)

Three ETFs are all you need, one for Canada, one for the U.S. and one for bonds. Here's a small selection among the dozens available. Don't stress, just pick one for each area and you'll have a nice, well-rounded portfolio. The ticker symbol and management fee are in brackets.

Canada

- Horizons BetaPro S&P/TSX 60 Index (HXT, .07%)

- Vanguard MSCI Canada Index (VCE, .09%)

- iShares S&P/TSX Composite Index (XIC, .25%)

US

-Vanguard US Broad Market Index (VUS, .15%)

-BMO Dow Jones Index (ZDJ, .23%)

-iShares S&P US Dividend Growers (CUD, .60%)

Bonds

- iShares DEX Short Term Bond Index (XSB, .25%)

- PowerShares 1-5 Year Laddered Investment Grade Corporate Bond Index (PSB, .25%)

- BMO Aggregate Bond Index (ZAG, .28%)

If, for example, you wanted one-third of the $20,000 in bonds, make that entire investment now as the short term bonds will roll over automatically and take advantage of higher rates in the future.

Divide the remaining $13,000 plus into four to six pieces and invest gradually in the chosen Canadian and US ETFs over the next six months to a year.

There will be a trading fee for each transaction but you only pay it once until you sell, and the additional cost balances the risk.

Alison's money rule

"Investing over time reduces your risk and increases your return."

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM

Owning your home shouldn't come at the expense of living.

Life adds up. Your finances should too.

CIBC Wealth Builder Mortgage™

GREAT LOW RATE

EARN $6,000 IN SAVINGS[1]

Wealth Builder Mortgage is an option available only on 5-year fixed-rate and Variable Flex closed mortgages of $75,000 or more. Mandatory CIBC deposit account no monetary value and can only be redeemed according to the rules established by Aeroplan Canada Inc. Aeroplan Miles cannot be transferred to another person.

Are you 'young' at money?

Millennials — game your way to financial literacy

FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca
Twitter: @Lesleyscorgie

I read an interesting article over tea last week in TheWeek.com that described characteristics of the millennial generation; those born in the 1980s and 1990s (of which I am one). Besides claiming that our generation is narcissistic, the piece outlines the fact that most are broke, indebted and stressed-out spendthrifts.

But, working in our favour is the fact that millennials are technologically savvy and want to engage in entrepreneurial and other money-making ideas.

So, here's my big idea for the millennials — game your way to financial literacy. Not only will you sharpen your money IQ, but you'll learn how to connect your big ideas with building your net worth. That in turn will reduce stress.

I've been very impressed with a new financial literacy gaming app called the Cranial Cash Clash which was created through the Investor Education Fund.

The Cranial Cash Clash is a free innovative online and mobile game that is available through Apple, Android or online at GetSmarterAboutMoney.ca. The purpose of the game is to help Canadians assess how much they really need to learn about money and which aspects of money management they should focus on improving.

The game leads you through fun and educational thought-provoking multiple choice questions that test your knowledge on a wide range of financial topics like spending, saving, investing, debt, financial fraud, financial planning, RRSPs and retirement planning.

The subjects are categorized as Debt Drama, Quest to Invest, Scam Exam, Saving for School, Investment Shopping, Concise Advice, Unsure? Insure! and Ready, Set, Retire. Once you're through the questions, there are resources you can browse through to enhance your learning.

Players compete to score cranial points; ideally motivating Canadians to raise their scores and their understanding of financial literacy. For the socially networked millennials, you can post your results on Facebook, Twitter or email them to friends. For parents and teachers, this is a great way to engage in 'money 101' conversations with your children.

No matter your age or financial acumen, you'll learn a lot through the Cranial Cash Clash and it's loads of fun. Gaming your way to financial literacy can actually pay off!

Get smart: Take a break from Angry Birds and learn some investing tricks. ISTOCK IMAGES

Build up your savings.

In addition to a great low rate on a 5-year mortgage, you'll also benefit from flexible payment options to help you manage your cash flow.

Get $4,000 cash back up-front as well as $2,000 cash back over the term of your mortgage.[1] *On a $400,000 mortgage. Conditions apply. Ask for details.*

Ask about how you can earn up to 25,000 Aeroplan® Miles.[2]

aeroplan

CIBC FOR WHAT MATTERS.

for mortgage payments and deposit of cash back. Up front cash back amount is repayable if mortgage is discharged, transferred or renewed before maturity date. Other conditions apply. [2]Only one Aeroplan Account is eligible for Aeroplan Miles on your mortgage. Aeroplan Miles have
®Aeroplan is a Registered Trademark of Aeroplan Canada Inc. Offer expires June 30, 2012. For details, visit cibc.com/buildthousands. "Life adds up. Your finances should too." and Design and CIBC Wealth Builder Mortgage are TMs of CIBC. "CIBC For what matters." is a trademark of CIBC.

4

SPORTS

Soccer

"Stay at home, watch it on TV. Don't even risk it ... because you could end up coming back in a coffin."

Former England defender Sol Campbell, warning fans in a BBC interview against travelling to Poland and Ukraine to watch the European Championship, claiming authorities are failing to tackle entrenched racism and violence in the countries.

NBA playoffs

Bosh's return still up in air

Chris Bosh is taking steps toward returning to the Miami lineup, though it remains unclear when the Heat will actually see their star forward in uniform again. Bosh, who has been sidelined since straining an abdominal muscle in Game 1 of Miami's second-round series against Indiana, did what the Heat called a "very light" on-court workout Sunday. Coach Erik Spoelstra said there's no target date for his return. The Heat took on the Boston Celtics in Game 1 of the Eastern Conference final on Monday night. Go to metronews.ca/sports for more coverage.

THE ASSOCIATED PRESS

On the web

Montreal Canadiens GM Marc Bergevin continued to round out his front office with the hiring of Scott Mellanby as director of player personnel on Monday. Scan the code for the story.

Brown leads way on Kings' journey to promised land

Kings captain Dustin Brown reacts after his controversial hit on Phoenix's Michal Rozsival in overtime of Game 5 of the Western Conference final last week. JEFF GROSS/GETTY IMAGES

NHL. Regular-season trade rumours propelled L.A. captain to take his game to another level

If Dustin Brown stands up in the Los Angeles locker-room before the Stanley Cup final opener Wednesday night and delivers a stirring, emotional speech, his teammates won't know how to react.

"Well, he's not a rah-rah guy," veteran Kings defenceman Matt Greene said. "We don't have too many of those guys in the room. But he knows how to lead, and he does it by example."

Brown prefers showing to telling, whether it's with a timely goal or a bruising hit. The Los Angeles captain's playoff performance has demonstrated something quite clearly to the Kings: Behind his leadership they're capable of winning the franchise's first title.

Brown's hard-hitting, high-scoring play has been the biggest revelation of the post-season for the eighth-seeded Kings, but his quantum leap forward began during the regular season. Brown's run of stellar play started right after he was prominently featured in trade-deadline rumours linking him to Toronto and beyond, forcing the forward to wonder whether he would have to move his young family away from his only NHL team.

"Of course it's concerning to you, but I tried to just concentrate on what I could control," said Brown, the NHL's third-leading post-season scorer. "I just focused on hockey and getting this team to the playoffs, because I felt like we had a team that could do a lot if we got there and started playing together. We felt like we owed it to the fans here to take a shot instead of worrying."

The Kings' long-suffering fans are always near the forefront of Brown's mind when he discusses this playoff run. He realizes Los Angeles has enjoyed only one previous run to the final in 45 years, and he learned all about the Kings' paltry playoff success when he logged 431 regular-season games with the franchise before reaching his first post-season two years ago.

"This is the most successful we've been, but it's not where we want to end up," Brown said.

THE ASSOCIATED PRESS

Raonic 'finally' gets win at French Open

Canadian Milos Raonic has already improved on last year's performance at the French Open.

Raonic powered past Ruben Ramirez Hidalgo of Spain 6-4, 6-2, 6-2, on Monday to reach the second round of the tournament.

The 19th seed from Thornhill, Ont., opened with a win on another sunny day at Roland Garros after losing in the first round a year ago to German Michael Berrer.

"It was good to finally win my first match here," said Raonic. "It was good to play a guy like him, who doesn't give you much. I had to go and win the match."

Raonic will next face American qualifier Jesse Levine, who beat Benjamin Becker of Germany 7-5, 6-2, 6-4.

"I need to keep doing the right things and I need to work on my serving a bit," said Raonic. "I'll have to go out and play aggressive against him."

The Canadian dominated from the start, breaking his Spanish opponent five times with 12 aces.

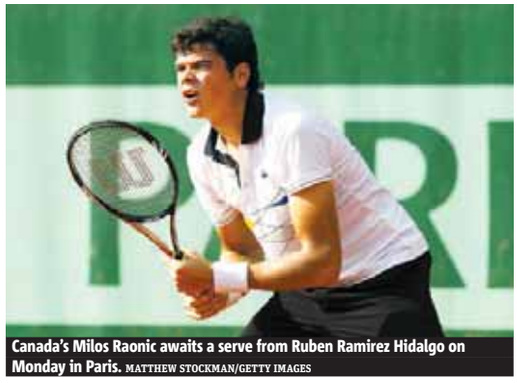
Raonic ended with 58 winners against just 10 for Ramirez Hidalgo.

THE CANADIAN PRESS

Dancevic pulls out

Canadian Frank Dancevic exited the French Open after less than 30 minutes, retiring due to a back issue.

- The Niagara Falls, Ont., native was down 4-0 to Martin Klizan of Slovakia when he pulled out of the first-round match.
- Dancevic said he was afraid of aggravating a back injury he suffered last month in Florida.



Canada's Milos Raonic awaits a serve from Ruben Ramirez Hidalgo on Monday in Paris. MATTHEW STOCKMAN/GETTY IMAGES

MLB

Manny might join Athletics later this week

Oakland Athletics manager Bob Melvin says there is a "50-50" chance suspended slugger Manny Ramirez will join the team when his 50-game drug ban expires Wednesday.

THE ASSOCIATED PRESS

Olympics

Nestor chooses Pospisil for London

Daniel Nestor will be competing in the men's doubles tennis event at this summer's London Olympics with Vancouver's Vasek Pospisil.

The decision hasn't been officially announced but a source says it was made several weeks ago.

THE CANADIAN PRESS

Daniel Nestor GETTY IMAGES FILE

MLB

Miami's Oviedo banned for fraud

Miami Marlins pitcher Juan Carlos Oviedo has been suspended for eight weeks by MLB for age and identity fraud. Oviedo was caught playing under a fake name and spent the off-season in the Dominican Republic clearing up his immigration status. THE ASSOCIATED PRESS

Memorial Cup

"I'm not going to take the credit personally.... You need 20 guys to win this tournament and that's what we did."

Shawinigan Cataractes centre Michael Chaput. Chaput was named tournament MVP after the Cataractes beat the London Knights 2-1 in overtime Sunday in the Memorial Cup championship game.

MLB

AMERICAN LEAGUE

EAST DIVISION	W	L	Pct	GB
Baltimore	29	19	.604	—
Tampa Bay	29	20	.592	½
New York	26	21	.553	2½
Boston	24	24	.500	5
Toronto	24	24	.500	5

CENTRAL DIVISION	W	L	Pct	GB
Cleveland	27	21	.563	—
Chicago	27	22	.551	½
Detroit	23	25	.479	4
Kansas City	19	28	.404	7½
Minnesota	16	32	.333	11

WEST DIVISION	W	L	Pct	GB
Texas	30	18	.625	—
Los Angeles	24	25	.490	6½
Oakland	22	27	.449	8½
Seattle	21	29	.420	10

Yesterday's results
Minnesota 5 Oakland 4
Chicago White Sox 2 Tampa Bay 1
Cleveland 8 Kansas City 5
Boston 7 Detroit 4
Baltimore at **Toronto**
Seattle at Texas
N.Y. Yankees at L.A. Angels
Sunday's results
Texas 12 **Toronto 6**
Tampa Bay 4 Boston 3
Chicago White Sox 12 Cleveland 6
L.A. Angels 4 Seattle 2
Kansas City 4 Baltimore 2
Detroit 4 Minnesota 3
N.Y. Yankees 2 Oakland 0
Tonight's games
All times Eastern
Kansas City (W.Smith 0-1) at Cleveland (Masterson 2-3), 7:05 p.m.
Baltimore (Arrieta 2-5) at **Toronto (R.Romero 5-1),** 7:07 p.m.
Chicago White Sox (Humber 1-2) at Tampa Bay (Shields 6-2), 7:10 p.m.
Detroit (Verlander 5-2) at Boston (Bard 4-5), 7:10 p.m.
Seattle (Vargas 5-4) at Texas (Feldman 0-2), 8:05 p.m.
Oakland (J.Parker 1-2) at Minnesota (De Vries 0-1), 8:10 p.m.
N.Y. Yankees (Pettitte 2-1) at L.A. Angels (Haren 2-5), 10:05 p.m.

AL LEADERS

	G	AB	R	H	Avg.
Konerko, ChiW	45	163	31	65	.399
Hamilton, Tex	45	174	37	64	.368
Jeter, NYY	46	198	26	67	.338
AJackson, Det	36	136	29	45	.331
Trumbo, LAA	40	142	17	46	.324
Beltre, Tex	44	170	26	54	.318
Fielder, Det	47	180	27	57	.317
MiCabrera, Det	47	189	25	59	.312
Pierzynski, ChiW	42	154	23	48	.312
AEscobar, KC	45	167	18	52	.311

Runs — Kinsler, Tex, 41; Hamilton, Tex, 37; DeAza, Chi, 36; AdJones, Balt, 34.
RBI — Hamilton, Tex, 53; MiCabrera, Det, 40; **Encarnacion, Tor, 39;** ADunn, Chi, 35; Butler, KC, 34; Beltre, Tex, 33; NCruz, Tex, 33; Konerko, Chi, 33.
Hits — Jeter, NY, 67; Konerko, Chi, 65; Hamilton, Texas, 64; AdJones, Balt, 60.
Home Runs— Hamilton, Tex, 20; **Encarnacion, Toronto, 15;** ADunn, Chi, 15; Granderson, NY, 14; AdJones, Bal, 14; Reddick, Oak, 13;
Bautista, Toronto, 12.
Stolen Bases — BUpton, Tampa Bay, 11.
Yesterday's games not included

NATIONAL LEAGUE

EAST DIVISION	W	L	Pct	GB
Washington	29	19	.604	—
Miami	27	22	.551	2½
New York	27	22	.551	2½
Atlanta	26	24	.520	4
Philadelphia	26	24	.520	4

CENTRAL DIVISION	W	L	Pct	GB
Cincinnati	27	21	.563	—
St. Louis	27	22	.551	½
Pittsburgh	24	24	.500	3
Houston	22	26	.458	5
Milwaukee	19	28	.404	7½
Chicago	16	32	.333	11

WEST DIVISION	W	L	Pct	GB
Los Angeles	32	15	.681	—
San Francisco	26	23	.531	7
Arizona	22	27	.449	11
Colorado	18	29	.383	14
San Diego	17	33	.340	16½

Yesterday's results
Philadelphia 8 N.Y. Mets 4
Miami 5 Washington 3
San Francisco 4 Arizona 2
St. Louis 8 Atlanta 2
Pittsburgh 4 Cincinnati 1
Chicago Cubs 11 San Diego 7
Colorado 9- Houston 7- (DH)
Milwaukee at L.A. Dodgers
Sunday's results
Cincinnati 7 Colorado 5
San Francisco 3 Miami 2
Arizona 4 Milwaukee 3
St. Louis 8 Philadelphia 3
Washington 7 Atlanta 2
Pittsburgh 10 Chicago Cubs 4
N.Y. Mets 2 San Diego 0
L.A. Dodgers 5 Houston 1
Today's games
San Diego (Stults 1-0) at Chicago Cubs (Samardzija 4-3), 2:20 p.m.
Cincinnati (Bailey 3-3) at Pittsburgh (Morton 2-5), 7:05 p.m.
Philadelphia (Blanton 4-4) at N.Y. Mets (Hefner 0-2), 7:10 p.m.
St. Louis (Westbrook 4-3) at Atlanta (Delgado 2-5), 7:10 p.m.
Washington (E.Jackson 1-2) at Miami (A.Sanchez 2-3), 7:10 p.m.
Milwaukee (Fiers 0-0) at L.A. Dodgers (Eovaldi 0-0), 10:10 p.m.
Arizona (J.Saunders 3-3) at San Francisco (Vogelsong 3-2), 10:15 p.m.

NL LEADERS

	G	AB	R	H	Avg.
DWright, NYM	44	157	32	60	.382
MeCabrera, SF	48	198	36	73	.369
Ruiz, Pha	44	142	23	52	.366
Lucroy, Mil	43	139	17	48	.345
McCutchen, Pgh	44	161	28	55	.342
Furcal, StL	46	183	33	61	.333
Infante, Mia	41	152	26	50	.329
Prado, Atl	47	181	30	59	.326
YMolina, StL	43	160	23	52	.325
Votto, Cin	47	160	28	52	.325

Runs — CGonzalez, Col, 37; MeCabrera, SF, 36; Bourn, Atl, 33; Furcal, StL, 33; Pence, Philadelphia, 33; Uggla, Atl, 33.
RBI — Beltran, StL, 41; Ethier, LA, 41; CGonzalez, Col, 36; LaRoche, Wash, 35; Braun, Milw, 34; Stanton, Miami, 34; Freese, StL, 33.
Hits — MeCabrera, SF, 73; Bourn, Atl, 64; Furcal, St. Louis, 61; SCastro, Chi, 60; DWright, NY, 60; Prado, Atl, 59; Pagan, SF, 57.
Doubles — Votto, Cin, 21; Alonso, SD, 16; Cuddyer, Col, 16; Prado, Atl, 16; DWright, NY, 16.
Yesterday's games not included

BLUE JAYS STATISTICS

BATTERS	AB	R	H	HR	RBI	AVG
Encarnacion	175	26	48	15	38	.274
Lawrie	163	18	44	3	17	.270
Escobar	186	27	48	2	15	.258
Thames	135	16	34	3	11	.252
Johnson	171	29	43	8	23	.251
Arencibia	137	18	33	7	26	.241
Gomes	21	4	5	2	5	.238
Davis	56	17	13	2	8	.232
Bautista	169	29	39	12	31	.231
Rasmus	152	15	33	3	15	.217
Francisco	34	3	7	0	0	.206
Mathis	32	7	6	2	5	.188
Vizquel	22	1	2	0	0	.091
Cooper	1	0	0	0	0	.000

PITCHERS	W	L	SV	IP	SO	ERA
Mathis	0	0	0	1.0	0	0.00
Oliver	0	2	0	15.0	15	1.80
Perez	2	1	0	23.1	25	2.70
Drabek	4	4	0	52.1	41	3.27
Alvarez	3	4	0	60.0	18	3.30
Janssen	1	1	3	16.1	17	3.31
Morrow	5	3	0	62.1	54	3.47
Romero	5	1	0	65.1	49	3.86
Frasor	0	0	0	18.0	22	4.50
Villanueva	0	0	0	21.1	24	4.64
Hutchison	3	2	0	37.2	27	5.73
Cordero	1	2	2	17.2	13	6.11
Santos	0	1	2	5.0	4	9.00
Igarashi	0	0	0	1.0	2	18.00

TRANSACTIONS

BASEBALL

MLB

LEAGUE OFFICE — Suspended Miami RHP Juan Carlos Oviedo 8 weeks for engaging in age and identity fraud.

AMERICAN LEAGUE

BALTIMORE ORIOLES — Activated INF Mark Reynolds from 15-day DL. Placed RHP Stu Pomeranz on 15-day DL, retroactive to May 26.
BOSTON RED SOX — Activated OF Ryan Sweeney from the 7-day concussion DL. Optioned OF Che-Hsuan Lin to Pawtucket (IL).
CLEVELAND INDIANS — Activated RHP Josh Tomlin from 15-day DL. Recalled INF Lonnie Chisenhall from Columbus (IL). Placed INF Jack Hannahan on 15-day DL, retroactive to May 27. Designated RHP Jairo Asencio for assignment.
TAMPA BAY RAYS — Activated C Jose Lobaton from the 15-day DL. Optioned C Chris Gimenez to Durham (IL).
TORONTO BLUE JAYS — Recalled LHP Aaron Laffey from Las Vegas (PCL). Optioned RHP Chad Beck to Las Vegas.

NATIONAL LEAGUE

CHICAGO CUBS — Activated RHP Carlos Marmol from the 15-day DL. Optioned RHP Rafael Dolis to Iowa (PCL).
COLORADO ROCKIES — Recalled RHP Carlos Torres from Colorado Springs (PCL).
HOUSTON ASTROS — Recalled RHP Jordan Lyles and RHP David Henderson from Oklahoma City (PCL). Optioned RHP Enerio Del Rosario to Oklahoma City.
L.A. DODGERS — Placed LHP Ted Lilly on 15-day DL, retroactive to May 24. Recalled LHP Michael Antonini from Albuquerque (PCL).
PITTSBURGH PIRATES — Placed RHP Juan Cruz on the restricted list. Selected contract of LHP Doug Slaten from Indianapolis (IL).
SAN DIEGO PADRES — Activated OF Carlos Quentin from the 15-day DL. Optioned OF Blake Tekotte from Tucson (PCL). Claimed RHP Neil Wagner off waivers from Oakland and optioned him to Tucson. Transferred INF-OF James Darnell to the 60-day DL.

NHL PLAYOFFS

STANLEY CUP FINAL

(Best-of-7 series)
Tomorrow's game
All times Eastern
Los Angeles at New Jersey, 8 p.m.
Saturday's game
Los Angeles at New Jersey, 8 p.m.
Monday, June 4
New Jersey at Los Angeles, 8 p.m.
Wednesday, June 6
New Jersey at Los Angeles, 8 p.m.
Saturday, June 9
x-Los Angeles at New Jersey, 8 p.m.
Monday, June 11
x-New Jersey at Los Angeles, 8 p.m.
Wednesday, June 13
x-Los Angeles at New Jersey, 8 p.m.
x — if necessary.

SCORING LEADERS

	G	A	PT
Kovalchuk, NJ	7	11	18
Giroux, Pha	8	9	17
D.Brown, LA	7	9	16
Kopitar, LA	6	9	15
B.Richards, NYR	6	9	15
Parise, NJ	7	7	14
Briere, Pha	8	5	13
Zajac, NJ	7	5	12
Girardi, NYR	3	9	12
Gaborik, NYR	5	6	11
M.Richards, LA	4	7	11
Henrique, NJ	3	8	11
Salvador, NJ	3	8	11
J.Williams, LA	2	9	11
Callahan, NYR	6	4	10
McDonald, StL	5	5	10
Vermette, Phx	5	5	10
Anisimov, NYR	3	7	10
Clarkson, NJ	3	7	10
Penner, LA	3	7	10
Del Zotto, NYR	2	8	10
Doughty, LA	2	8	10
Voracek, Pha	2	8	10
J.Staal, Pgh	6	3	9
Doan, Phx	5	4	9
Ovechkin, Wash	5	4	9
J.Carter, LA	4	5	9
B.Schenn, Pha	3	6	9
Zubrus, NJ	3	6	9
Stepan, NYR	1	8	9
Yandle, Phx	1	8	9
Boedker, Phx	4	4	8
Crosby, Pgh	3	5	8
Hartnell, Pha	3	5	8
Malkin, Pgh	3	5	8
Backstrom, Wash	2	6	8
Klesla, Phx	2	6	8
Jagr, Pha	1	7	8
Zidlicky, NJ	1	7	8
Kreider, NYR	5	2	7
Chimera, Wash	4	3	7
Berglund, StL	3	4	7
Gionta, NJ	3	4	7
Fedotenko, NYR	2	5	7
Laich, Wash	2	5	7
Whitney, Phx	2	5	7
Langkow, Phx	1	6	7
R.Carter, NJ	4	2	6
Elias, NJ	4	2	6
Pyatt, Phx	4	2	6
Talbot, Pha	4	2	6
Bergenheim, Fla	3	3	6
B.Boyle, NYR	3	3	6
Hanzal, Phx	3	3	6
Kennedy, Pgh	3	3	6
Legwand, Nash	3	3	6
M.Staal, NYR	3	3	6
Stralman, NYR	3	3	6
S.Bernier, NJ	2	4	6
Carle, Pha	2	4	6
Dupuis, Pgh	2	4	6
Kunitz, Pgh	2	4	6

TENNIS

ATP-WTA

FRENCH OPEN

At Paris
Men's Singles — First Round
Novak Djokovic (1), Serbia, def. Potito Starace, Italy, 7-6 (3), 6-3, 6-1.
Roger Federer (3), Switzerland, def. Tobias Kamke, Germany, 6-2, 7-5, 6-3.
Tomas Berdych (7), Czech Republic, def. Dudi Sela, Israel, 6-3, 6-4, 6-1.
John Isner (10), U.S., def. Rogerio Dutra Silva, Brazil, 6-3, 6-4, 6-4.
Gilles Simon (11), France, def. Ryan Harrison, U.S., 3-6, 7-5, 6-4, 6-1.
Feliciano Lopez (15), Spain, lost to Florent Serra, France, 5-0 (retired).
Milos Raonic (19), Thornhill, Ont., def. Ruben Ramirez Hidalgo, Spain, 6-4, 6-2, 6-2.
Marcel Granollers (20), Spain, def. Joao Sousa, Portugal, 6-2, 3-6, 6-3, 6-4.
Andreas Seppi (22), Italy, def. Nikolay Davydenko, Russia, 6-3, 7-6 (5), 7-5.
Radek Stepanek (23), Czech Republic, lost to David Goffin, Belgium, 6-2, 4-6, 2-6, 6-4, 6-2.
Philipp Kohlschreiber (24), Germany, def. Matthew Ebden, Australia, 6-4, 6-4, 7-6 (4).
Bernard Tomic (25), Australia, def. Andreas Haider-Maurer, Austria, 7-6 (5), 6-3, 6-3.
Viktor Troicki (28), Serbia, def. Thomaz Bellucci, Brazil, 4-6, 6-3, 5-7, 6-3, 6-2.
Kevin Anderson (31), South Africa, def. Rui Machado, Port., 7-6 (2), 6-7 (6), 4-6, 6-1, 11-9.
Martin Klizan, Slovakia, def. **Frank Dancevic, Niagara Falls, Ont.,** 4-0 (retired).
Blaz Kavcic, Slovenia, def. Lleyton Hewitt, Australia, 7-6 (2), 6-3, 6-7 (4), 6-3.
Malek Jaziri, Tunisia, def. Philipp Petzschner, Germany, 6-3, 7-5, 7-6 (7).
Mikhail Kukushkin, Kazakhstan, def. Ernests Gulbis, Latvia, 6-4, 7-6 (4), 5-7, 2-6, 6-4.
Lukasz Kubot, Poland, def. Karol Beck, Slovakia, 7-5, 6-2, 7-5.
Adrian Ungur, Romania, def. David Nalbandian, Argentina, 6-3, 5-7, 6-4, 7-5.
Horacio Zeballos, Argentina, def. Eric Prodon, France, 6-7 (8), 6-3, 6-3, 6-2.
Jesse Levine, United States, def. Benjamin Becker, Germany, 7-5, 6-2, 6-4.
Women's Singles — First Round
Victoria Azarenka (1), Belarus, def. Alberta Brianti, Italy, 6-7 (6), 6-4, 6-2.
Agnieszka Radwanska (3), Poland, def. Bojana Jovanovski, Serbia, 6-1, 6-0.
Li Na (7), China, def. Sorana Cirstea, Romania, 6-2, 6-1.
Marion Bartoli (8), France, def. Karolina Pliskova, Czech Republic, 6-3, 6-3.
Sabine Lisicki (12), Germany, lost to Bethanie Mattek-Sands, U.S., 6-4, 6-3.
Dominika Cibulkova (15), Slovakia, def. Kristina Mladenovic, France, 6-2, 6-1.
Roberta Vinci (17), Italy, lost to Sofia Arvidsson, Sweden, 6-2, 4-6, 6-3.
Flavia Pennetta (18), Italy, def. Hsieh Su-wei, Taiwan, 6-7 (3), 6-4, 6-2.
Jelena Jankovic (19), Serbia, def. Patricia Mayr-Achleitner, Austria, 1-6, 6-1, 7-5.
Petra Cetkovska (24), Czech Republic, def. Simona Halep, Romania, 6-1, 6-3.
Nadia Petrova (27), Russia, def. Iveta Benesova, Czech Republic, 6-3, 6-3.
Anabel Medina Garrigues (29), Spain, def. Laura Robson, Britain, 6-2, 6-1.
Mona Barthel (30), Germany, lost to Lauren Davis, U.S., 6-1, 6-1.
Zheng Jie (31), China, def. Alize Cornet, France, 6-4, 6-4.
Monica Niculescu (32), Romania, lost to Nina Bratchikova, Russia, 0-6, 6-3, 6-3.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
D.C.	15	8	4	3	28	19	27
New York	13	8	3	3	26	18	26
Kansas City	12	8	3	1	17	10	25
Chicago	12	5	4	3	15	15	18
Columbus	12	5	4	3	13	13	18
Houston	11	4	3	4	12	12	16
New England	12	4	7	1	16	18	13
Montreal	13	3	7	3	15	21	12
Philadelphia	11	2	7	2	8	14	8
Toronto	10	1	9	0	8	21	3

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Salt Lake	14	9	3	2	22	14	29
San Jose	14	8	3	3	27	17	27
Seattle	13	7	3	3	16	9	24
Vancouver	12	5	3	4	13	14	19
Colorado	13	6	6	1	20	18	19
Chivas USA	13	4	6	3	9	14	15
Portland	12	3	5	4	12	15	13
Dallas	15	3	8	4	15	24	13
Los Angeles	13	3	8	2	15	21	11

Sunday's result
Kansas City 2 San Jose 1
Saturday's game
All times Eastern
Chicago at New England, 7:30 p.m.
Sunday, June 10
Houston at Vancouver, 7 p.m.
Saturday, June 16
Dallas at Houston, 5 p.m.
Colorado at Vancouver, 7 p.m.
D.C. at Philadelphia, 7 p.m.
Seattle at Montreal, 7:30 p.m.
Columbus at New England, 7:30 p.m.
Toronto at Kansas City, 8:30 p.m.
Salt Lake at Chivas USA, 10:30 p.m.

NBA PLAYOFFS

CONFERENCE FINALS

(Best-of-7 series)

EASTERN CONFERENCE

MIAMI (2) VS. BOSTON (4)
Last night's game
Boston at Miami
Tomorrow's game
All times Eastern
Boston at Miami, 8:30 p.m.
Friday's game
Miami at Boston, 8:30 p.m.
Sunday, June 3
Miami at Boston, 8:30 p.m.
Tuesday, June 5
x-Boston at Miami, 8:30 p.m.
Thursday, June 7
x-Miami at Boston, 8:30 p.m.
Saturday, June 9
x-Boston at Miami, 8:30 p.m.

WESTERN CONFERENCE

SAN ANTONIO (1) V. OKLAHOMA CITY (2)
(San Antonio leads 1-0)
Sunday's result
San Antonio 101 Oklahoma City 98
Tonight's game
Oklahoma City at San Antonio, 9 p.m.
Thursday's game
San Antonio at Oklahoma City, 9 p.m.
Saturday's game
San Antonio at Oklahoma City, 8:30 p.m.
Monday, June 4
x-Oklahoma City at San Antonio, 9 p.m.
Wednesday, June 6
x-San Antonio at Oklahoma City, 9 p.m.
Friday, June 8
x-Oklahoma City at San Antonio, 9 p.m.
x — if necessary.

Spurs at their best when playing with 'nasty' edge

NBA. San Antonio on verge of 20-game win streak in West finals

Gregg Popovich's "I want some nasty!" is fast becoming the catchphrase of the NBA playoffs. It's eminently quotable, brash and an overnight splash.

In other words, it's everything the veteran-led San Antonio Spurs are not.

They've also heard far worse in timeouts from the NBA coach of the year, who bellowed his now-famous marching orders that jump-started a fourth-quarter rally, extended a history-matching winning streak to 19 and left Oklahoma City stunned heading into Game 2 of the Western Conference finals on Tuesday night.

"You've got to watch Pop — he's good at turning that microphone on and off," Spurs forward Stephen Jackson said Monday. "You don't hear some of the stuff he says."

Quoted

"You can't give up a 30-point quarter in a playoff game and expect to win."

Oklahoma City's Derek Fisher. The Thunder were actually outscored 39-27 by the Spurs in the fourth quarter of Game 1.

All the Thunder mostly heard Monday were questions about their collapse.

Oklahoma City started the fourth quarter leading — a rare feat against the Spurs in the 47 days since their last loss. Going up 2-0 would put the Spurs among just three other teams in NBA history with winning streaks of 20 games or longer.

It would also break the record for longest winning streak extended in the playoffs.

"We really don't care," guard Manu Ginobili said. "We are close — seven games — from accomplishing something way better than a streak."

THE ASSOCIATED PRESS

Oklahoma City's Russell Westbrook has his shot blocked by Tim Duncan on Sunday night in San Antonio. MAXX WOLFSON/GETTY IMAGES

HELP WANTED

Education

NOW HIRING SECURITY GUARDS
Up to $18/hr
No Experience Required
Employment Guaranteed
Ottawa: (613) 238-1812

Business Opportunities

Need Extra Income?
Turn **5 - 15** hours a week into **$1000 to $5000 +**/month on your computer.
Free online training. Flexible hours.
www.toyourgoodhealth.net

REAL ESTATE

Houses For Sale

Amazing Location: 722 Sanibel Private
3 bdrm, 2.5 baths.
Willing to Negotiate.
Contact Mariam Irshad: 613-831-1791.

AUTOMOTIVE

Cars & Trucks Wanted

!!!CASH FOR THAT CLUNKER!!!
WILL BUY UNWANTED CARS AND TRUCKS FOR SCRAP AND PARTS.
PAY CASH
Give me a call and I'll haul it away
BARRY 613-769-7940

HOUSEHOLD SERVICES

General Services

High Definition Window Cleaning
• Student owned & operated • • Fully licensed & insured • Over 3 years experience • Interior & exterior window cleaning, vinyl siding & eavesthrough flush
Call 314-3431 for a free estimate!

M.J.M. VACUUMS
1061 Merivale Rd., Ottawa
Call John at: **613-724-4777**
Central vacuums starting at
$399
Installation Available
Sales & Repairs All Kinds
COUPONS at www.mjmvacuums.com

SERVICES

Financial

Need Ca$h Today?
Loans up to $10,000
Bad Credit? No Problem.
www.eazycash.ca
613-699-0011
Check Cashing, Car Title Loans, Money Transfers.

Computer/Technical

Ottawa Web Media
From Local To Global
Watch U.S. TV
End the message
"Not available where you live"
Get 1000's more Netflix movies
-FREE Home Demonstration-
All info on our website:
www.ottawawebmedia.com
info@ottawawebmedia.com
613-845-0077
613-762-4110

Place your ad in Metro classifieds
metroclassifieds.ca
1 800 527-6767

LOOKING TO MAKE A CAREER CHANGE?
Read metro work every Monday & Wednesday.

SELL YOUR STUFF FOR FREE in the classifieds!
Call 1-800-527-6767 to place your free ad!
Limit 2 per week • Size 1.535" X .542"
Brought to you by:

The Flea Market
at Rideau Carleton Raceway
EVERY SUNDAY
Now the **LARGEST FLEA MARKET** in the region!

On-Site STORAGE available!
Come for BRUNCH and SHOP the Market!
For more information or to Register as a Vendor,
WWW.RCRFLEAMARKET.COM
613-749-0483 613-822-2211
4837 Albion Rd. Ottawa Ontario K1X 1A3

20 US old stamps for $20.00
$50.00 for China Mint Stamp Albums and 25 used stamps.
613-565-2974

4 Firestone Winter Tires on RIMS
245/R17
$500 OBO
(613)820-5424

Beige Double sofa Bed From the Brick
$250
613-820-5424

Day Care Furniture for sale
Please call
819-351-5260

Limited spaces avail. Get yours today!
Call: 1-800-527-6767
Size 1.535" X .542", Limit 1/day, 2/wk

•Stereo with 2 Speakers - $75.00
•Mens and womens shoes (new)- $25/each
•Juicer - $45 •Ladies Leather Jacket $300 (new) •and much more 613-722-6699

200+ Barbies
$150 for all
Call 613-829-1729

4 rims for sale 5 bolt pattern fits a 2001 mbe320
size 7.5 j x 16"(5-112-66,5)
(613)523-2627

Bell Satellite Receiver, Dish and LNB
Please make a reasonable offer
613-741-8140

Elliptical Trainer Used only 2 times
Practically NEW
Call for best offer
(613)858-5196

Maytag Portable Dishwasher
Asking $100.
613-523-4299

SUMMER SCHOOL MATH HELP BOOKS (grades 8 -12)
Please call for prices,various books
(613)741-8140

30 HP Suzuki LS with controls
Make me an offer!!!
613-623-9410

45 Eric Lindros hockey cards
late 80's early 90's Value was $180
Selling entire lot for $75
6137496629 Ned

Biographies & Memores About $30 each
Thesaurus of Quotations $10
(613)565-2974

Gas Stove for making Fudge
Assorted Chocolate and Hard Candy Molds
613-851-9730

Perennials & Hostas for sale
Near Queensway & Carlton Hospital
Call 613-829-1729

Wanted: Bunk Beds
Wanted: Portable Dish Washer
(613)680-5686

4 BF Goodrich Tires MT
LT 235/85R16E on Dodge rims
Offers accepted!!
613-623-9410

50 inch Samsung TV
Comes with stand
$280.00
613-424-6860

Call: 1-800-527-6767 today to book this space!
Size 1.535" X .542", Limit 1/day, 2/wk

IKEA Coffee and 2 End Tables
$30.00
613-424-6860

SINGLE HEAD BUBBLEGUM MACHINE ON CAST IRON STAND
$200.00
613-600-9797

Your Free Ad Here !
Call: 1-800-527-6767
Size 1.535" X .542", Limit 1/day, 2/wk

CLASSIFIEDS CUSTOMER SERVICE: 1 800 527-6767 – MONDAY TO FRIDAY 8:30 AM TO 6:00 PM (ATL) Metro requests that advertisers check their advertisement upon publication and advise Metro immediately if there are any copy errors in the advertisement as published. Metro will not be responsible for any error other than an incorrect insertion due to any act or omission of Metro. In any event Metro will only be responsible for one incorrect insertion of any particular ad regardless of the number of times such ad is run incorrectly. Metro's liability for any such error is limited to the amount actually paid by the Customer for a single publication of the advertisement in the space the ad is run. In no event shall Metro be liable for any non-insertion of any advertisement for any reason whatsoever. All copy is subject to the approval of the management of Metro. Metro reserves the right to classify all advertisements.

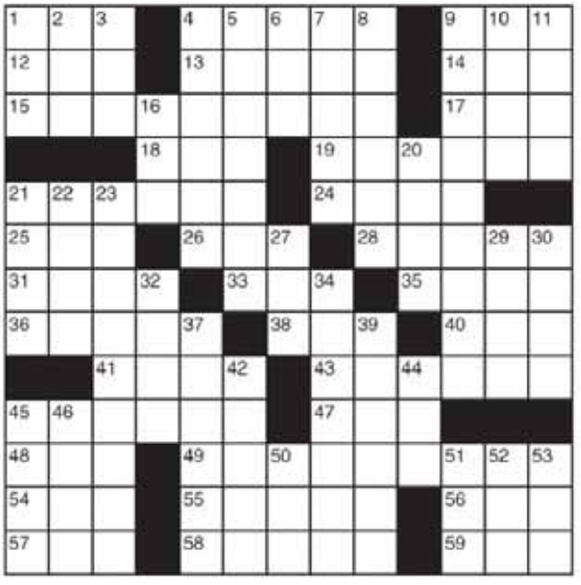
Crossword

Across

1 Kreskin's claim, briefly
4 Wanders
9 Aware
12 Boudreau of baseball
13 Otherwise
14 Can. neighbour
15 1957 Astaire movie
17 Crafty
18 Corn spike
19 Chops into small bits
21 Reflective power
24 Grad
25 Romanian money
26 Overactor
28 Flounder through puddles
31 Token of defiance
33 Papa
35 Elbow counterpart
36 Examine ore
38 Affirmative
40 Blunder
41 Support group?
43 Game participant
45 Sunday meal
47 Science workplace
48 Thither
49 Bees' structure
54 A billion years
55 Hackneyed
56 Retainer
57 Firmament
58 Handle the helm
59 Adipose tissue

Down

1 Sprite
2 Old French coin
3 Bit of wordplay
4 Capital of Saudi Arabia
5 On unpaved areas
6 Literary collection
7 Starbucks flavour
8 Pilfers
9 Bribe of a sort
10 Gilligan's home
11 Picks up the check
16 Born
20 Pout
21 Plankton component
22 Meadows
23 Thorn in Elmer Fudd's side
27 Spring time
29 Withered
30 Munich mister
32 Deserve
34 Use up
37 America's Cup contenders
39 Buffy, to vampires
42 Concise
44 Regis' network
45 Tournament situations
46 Chess piece
50 Never, in Nuremberg
51 Vacationing
52 — culpa
53 Wager



Sudoku

8	9			6		1		3
		6						8
5					4		2	
		8	9		1			
6				3				7
			6		2	9		
	7		5					2
4						3		
3		2		4			5	1

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

3	1	5	2	8	9	6	4	7
9	4	6	3	7	5	8	2	1
2	8	7	6	4	1	9	3	5
8	2	9	5	6	3	7	1	4
6	5	3	4	1	7	2	8	9
4	7	1	9	2	8	5	6	3
7	6	4	1	5	2	3	9	8
1	3	8	7	9	6	4	5	2
5	9	2	8	3	4	1	7	6

Yesterday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

TW F JFVQRLFCX MFUQXVXU TR LHZCJXAXJN ATUXQ FVQ UXFQN WHU KXQ, NHE ZTMIA RFN IX'R KERIXQ.

Yesterday's Cryptoquip: IF A WOODLAND DEITY HAD TO CHOOSE ONE PREFERRED DAY OF THE WEEK, WOULD IT PICK SATYR-DAY?

Today's Cryptoquip Clue: I equals H

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today 27°/18° Thundershowers 40%
Tuesday 27°/14° Thunderstorms 80%
Know what the weather will be 14 days from now.
Check the 14 day trend.
©The Weather Network 2012

Horoscope

Aries | March 21 - April 20. Don't focus too much on work today. Give yourself time off from your chores and give yourself permission to have fun.

Taurus | April 21 - May 21. Call it as you see it today, even if it means offending someone you have feelings for.

Gemini | May 22 - June 20. Passion planet Pluto will stir your emotions today and there may be times when your feelings get a bit extreme.

Cancer | June 21 - July 22. What's done is done and cannot be undone, and the sooner you let go of the past and focus on the future the better.

Leo | July 23 - Aug. 22. If you find yourself caught between rival factions today you must get yourself out of the firing line as quickly as possible.

Virgo | Aug. 23 - Sept. 22. If you believe in what you are doing then today's Sun-Pluto link won't have any effect on you.

Libra | Sept. 23 - Oct. 22. You just know that some seriously good opportunities are coming your way. Don't waste them.

Scorpio | Oct. 23 - Nov. 21. Today's somewhat negative influences will make minor details look more important than they really are.

Sagittarius | Nov. 22 - Dec. 21. Some things are important and some things don't matter. Do you know how to tell the difference?

Capricorn | Dec. 22 - Jan 20. You seem to be making things difficult for yourself for no good reason.

Aquarius | Jan. 21 - Feb 18. If anyone needs a helping hand or a shoulder to cry on today you will be there in a flash. But don't get so caught up in their woes that you lose sight of what is important for you. Your feelings matter too.

Pisces | Feb. 19 - March 20. The planets warn there is a danger you will arrive at a conclusion about someone on no more than hearsay evidence, which could turn them against you. SALLY BROMPTON

Caption Contest

"Can you get my agent on the phone? I want to know if they are making a new star trek, I want to be cast as the new Geordi LaForge." -Crystal
THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

Sharability

UPDATE YOUR HOUSE

WIN A **COMMISSION-FREE LISTING!**

ALL FOR NOTHING?

OWN

To Do's for giving your home more appeal:

- ✓ **CURB APPEAL:** Refresh your front yard by trimming back dead plants & adding attractive annuals or perennials in flowerbeds.
- ✓ **PAINT:** Freshen up your home with a coat of warm & inviting paint.
- ✓ **BATHROOM:** Add new ceramic tiles & new lighting to give a dated bathroom a facelift.
- ✓ **KITCHEN:** Revive an outdated kitchen with a new funky backsplash, a sleek countertop & new hardware on cabinet doors to make a potential buyer smile.
- ✓ **FLOORS:** Refinish any scratched hardwood floors, replace soiled carpets, & replace linoleum with ceramic tiles.

For even more tips, contact us today and participate in Ottawa's very own TV series, ***ALL FOR NOTHING?***.

allfornothingtv.ca
sonja@mountainroad.ca
613-237-4447